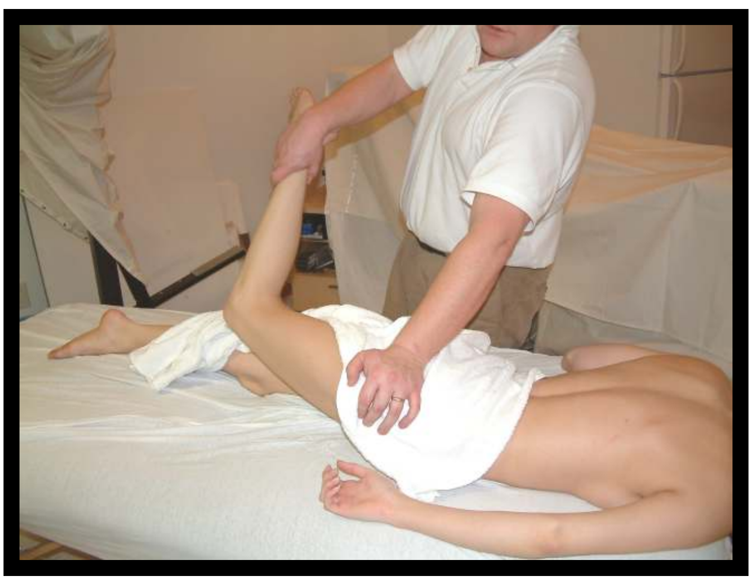
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300+ Table Stretching Techniques



Learn to work smarter…Not harder!

By
Ryan Hoyme
CMT, NCTMB, HST

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All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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ROM for Fundamental Movements

1. NECK (Cervical)
*Flexion-45
*Extension-0
*Hyperextension-50
*Lateral Flexion-45
*Rotation-170

2. SHOULDER JOINT
*Flexion-90
*Extension-0
*Hyperextension-45
*Abduction-90
*Adduction-0
*External Rotation-90
*Internal Rotation-85
*Horizontal Abduction-90
*Horizontal Adduction-90

3. SHOULDER GIRDLE (Posterior)
*Evevation-2"
*Depression-0
*Abduction-2½"
*Adduction-1½"
*Upward Tilt-1½"
*Upward Rotation-3"
*Downward Rotation-0

4. THORACIC LUMBAR (Posterior)
*Flexion-90
*Extension-0
*Hyperextension-45
*Lateral Flexion-40
*Rotation-60

5. ELBOW (Posterior)
*Flexion-150
*Extension-0

6. RADIAL/ULNAR JOINT (Posterior)
*Pronation-180
*Supination-0

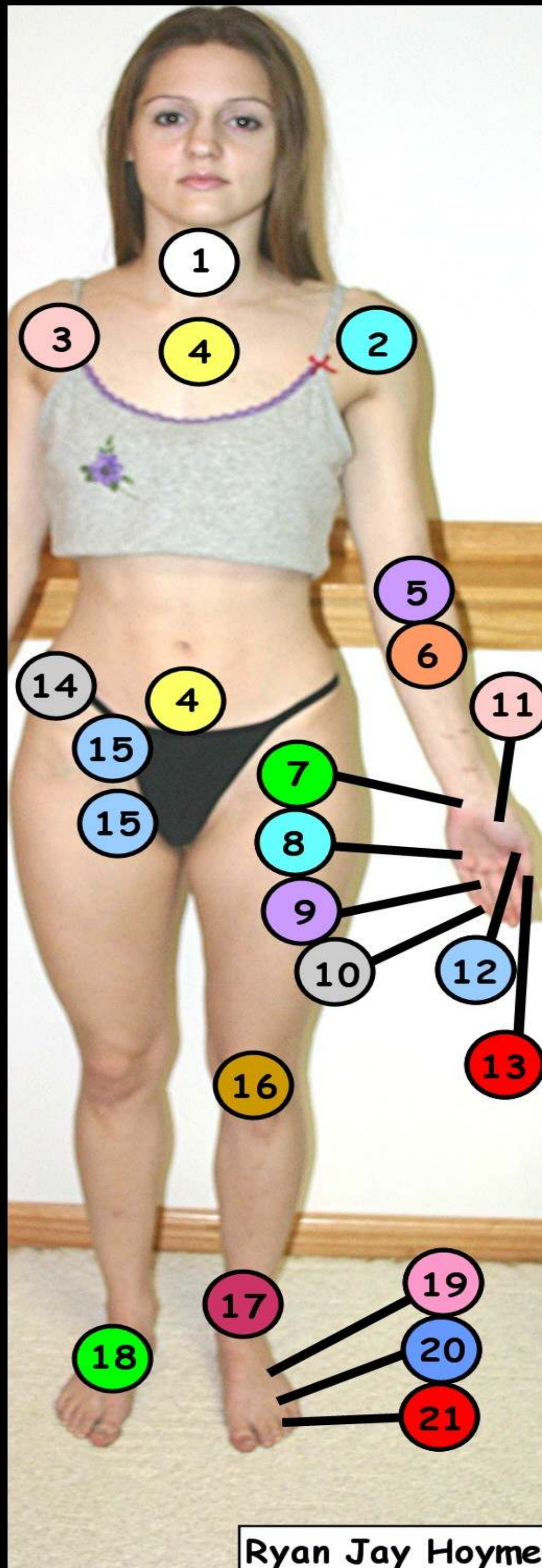
7. WRIST
*Flexion-90
*Extension-0
*Hyperextension-90
*Ulnar Deviation-45
*Radial Deviation-25

8. METACARPAL PHALANGEAL JOINT
*Flexion-90
*Extension-0
*Hyperextension-10
*Abduction-30
*Adduction-0

9. PROXIMAL INTERPHALANGEAL JOINT
*Flexion-110
*Extension-0

10. DISTAL INTERPHALANGEAL JOINT
*Flexion-80
*Extension-0

11. THUMB: METACARPAL CARPAL JOINT
*Flexion-70
*Extension-0
*Abduction-80
*Adduction-0
*Opposition-0



12. THUMB: METACARPAL PHALANGEAL JOINT
*Flexion-60
*Extension-0

13. THUMB: INTERPHALANGEAL JOINT
*Flexion-60
*Extension-0

14. HIP (Posterior)
*Flexion-125
*Extension-0
*Hyperextension-15
*Abduction-45
*Adduction-0
*Outward Rotation-50
*Inward Rotation-40
*Hyperadduction-25

15. PELVIC GIRDLE (Posterior)
*Increased Inclination-9
*Decreased Inclination-6
*Lateral Tilt-15
*Rotation-10

16. KNEE
*Flexion-135
*Extension-0
*Rotation-50

17. ANKLE
*Plantar Flexion-60
*Dorsi Flexion-15

18. FOOT
*Plantar Flexion-60
*Dorsi Flexion-15
*Inversion-45
*Eversion-25
*Abduction-20
*Adduction-40
*Supination-40
*Pronation-20

19. METATARSAL PHALANGEAL JOINT
*Flexion-20
*Extension-0
*Hyperextension-80
*Abduction-20
*Adduction-0

20. PROXIMAL INTERPHALANGEAL JOINT
*Flexion-50
*Extension-0

21. DISTAL INTERPHALANGEAL JOINT
*Flexion-20
*Extension-0

MATCH

ROM

1. NECK (Cervical)
*Flexion-45
*Extension-0
*Hyperextension-50
*Lateral Flexion-45
*Rotation-170

2. SHOULDER JOINT
*Flexion-90
*Extension-0
*Hyperextension-45
*Abduction-90
*Adduction-0
*External Rotation-90
*Internal Rotation-85
*Horizontal Abduction-90
*Horizontal Adduction-90

3. SHOULDER GIRDLE (Posterior)
*Evevation-2"
*Depression-0
*Abduction-$2\frac{1}{2}$"
*Adduction-$1\frac{1}{2}$"
*Upward Tilt-$1\frac{1}{2}$"
*Upward Rotation-3"
*Downward Rotation-0

4. THORACIC LUMBAR (Posterior)
*Flexion-90
*Extension-0
*Hyperextension-45
*Lateral Flexion-40
*Rotation-60

5. ELBOW (Posterior)
*Flexion-150
*Extension-0

6. RADIAL/ULNAR JOINT (Posterior)
*Pronation-180
*Supination-0

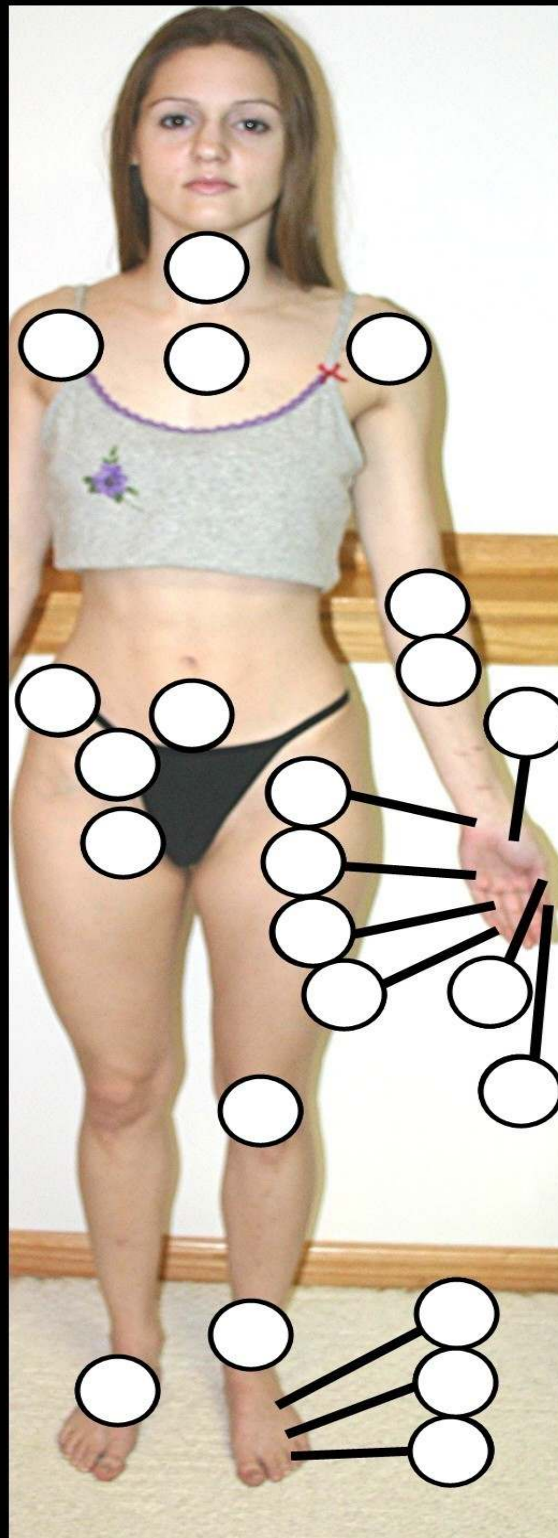
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*Hyperextension-90
*Ulnar Deviation-45
*Radial Deviation-25

8. METACARPAL PHALANGEAL JOINT
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*Hyperextension-10
*Abduction-30
*Adduction-0

9. PROXIMAL INTERPHALANGEAL JOINT
*Flexion-110
*Extension-0

10. DISTAL INTERPHALANGEAL JOINT
*Flexion-80
*Extension-0

11. THUMB: METACARPAL CARPAL JOINT
*Flexion-70
*Extension-0
*Abduction-80
*Adduction-0
*Opposition-0



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12. THUMB: METACARPAL PHALANGEAL JOINT
*Flexion-60
*Extension-0

13. THUMB: INTERPHALANGEAL JOINT
*Flexion-60
*Extension-0

14. HIP (Posterior)
*Flexion-125
*Extension-0
*Hyperextension-15
*Abduction-45
*Adduction-0
*Outward Rotation-50
*Inward Rotation-40
*Hyperadduction-25

15. PELVIC GIRDLE (Posterior)
*Increased Inclination-9
*Decreased Inclination-6
*Lateral Tilt-15
*Rotation-10

16. KNEE
*Flexion-135
*Extension-0
*Rotation-50

17. ANKLE
*Plantar Flexion-60
*Dorsi Flexion-15

18. FOOT
*Plantar Flexion-60
*Dorsi Flexion-15
*Inversion-45
*Eversion-25
*Abduction-20
*Adduction-40
*Supination-40
*Pronation-20

19. METATARSAL PHALANGEAL JOINT
*Flexion-20
*Extension-0
*Hyperextension-80
*Abduction-20
*Adduction-0

20. PROXIMAL INTERPHALANGEAL JOINT
*Flexion-50
*Extension-0

21. DISTAL INTERPHALANGEAL JOINT
*Flexion-20
*Extension-0

MATCH ROM

1. NECK (Cervical)
*Flexion-
*Extension-
*Hyperextension-
*Lateral Flexion-
*Rotation-

2. SHOULDER JOINT
*Flexion-
*Extension-
*Hyperextension-
*Abduction-
*Adduction-
*External Rotation-
*Internal Rotation-
*Horizontal Abduction-
*Horizontal Adduction-

3. SHOULDER GIRDLE (Posterior)
*Evevation-
*Depression-
*Abduction-
*Adduction-
*Upward Tilt-
*Upward Rotation-
*Downward Rotation-

4. THORACIC LUMBAR (Posterior)
*Flexion-
*Extension-
*Hyperextension-
*Lateral Flexion-
*Rotation-

5. ELBOW (Posterior)
*Flexion-
*Extension-

6. RADIAL/ULNAR JOINT (Posterior)
*Pronation-
*Supination-

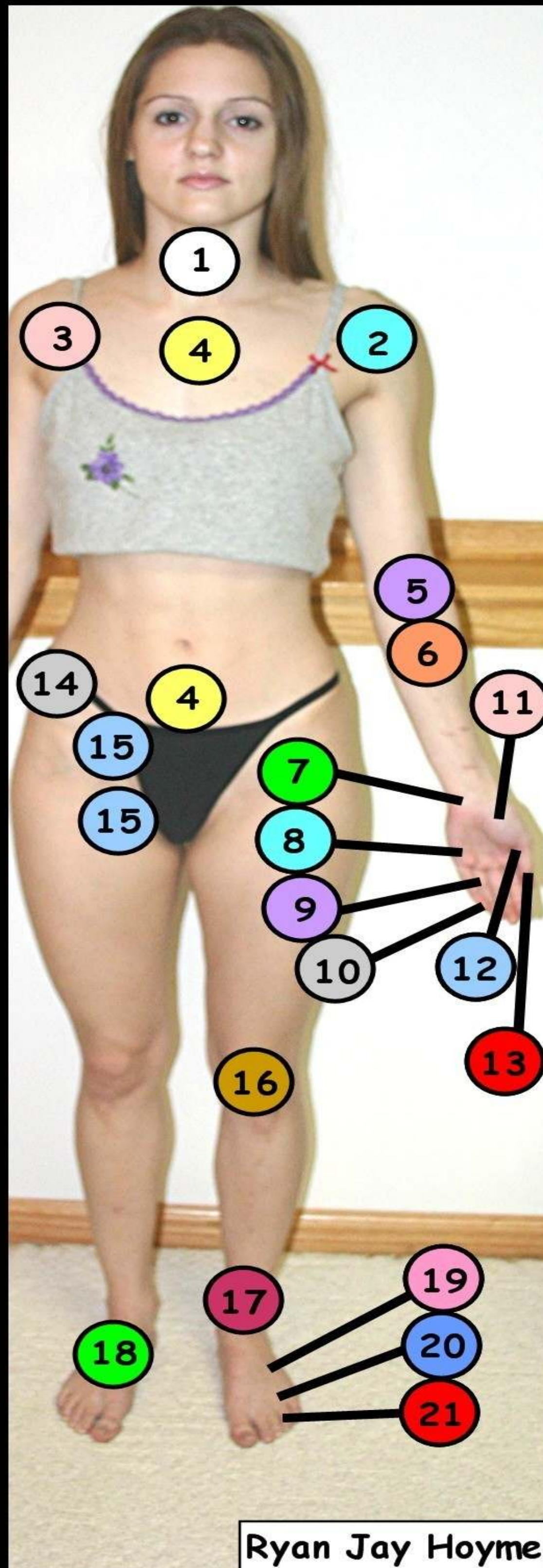
7. WRIST
*Flexion-
*Extension-
*Hyperextension-
*Ulnar Deviation-
*Radial Deviation-

8. METACARPAL PHALANGEAL JOINT
*Flexion-
*Extension-
*Hyperextension-
*Abduction-
*Adduction-

9. PROXIMAL INTERPHALANGEAL JOINT
*Flexion-
*Extension-

10. DISTAL INTERPHALANGEAL JOINT
*Flexion-
*Extension-

11. THUMB: METACARPAL CARPAL JOINT
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*Extension-
*Abduction-
*Adduction-
*Opposition-



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*Extension-

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*Extension-
*Hyperextension-
*Abduction-
*Adduction-
*Outward Rotation-
*Inward Rotation-
*Hyperadduction-

15. PELVIC GIRDLE (Posterior)
*Increased Inclination-
*Decreased Inclination-
*Lateral Tilt-
*Rotation-

16. KNEE
*Flexion-
*Extension-
*Rotation-

17. ANKLE
*Plantar Flexion-
*Dorsi Flexion-

18. FOOT
*Plantar Flexion-
*Dorsi Flexion-
*Inversion-
*Eversion-
*Abduction-
*Adduction-
*Supination-
*Pronation-

19. METATARSAL PHALANGEAL JOINT
*Flexion-
*Extension-
*Hyperextension-
*Abduction-
*Adduction-

20. PROXIMAL INTERPHALANGEAL JOINT
*Flexion-
*Extension-

21. DISTAL INTERPHALANGEAL JOINT
*Flexion-
*Extension-

MUSCLE ACTIONS

Neck

- Flexion of the Neck - Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, and Scalenes
- Extension of the Neck - Splenius Capitis, Splenius Cervicis and Scalene
- Lateral Flexion of Neck to same side – Sternocleidomastoid, Scalenes
- Rotation of Head to Opposite Side – Sternocleidomastoid, Scalenes
- Rotation of Head to Same Side – Splenius Capitis, Splenius Cervicis

Ribs

- Bilaterally Raises First 2 Ribs – Scalenes

Scapula

- Elevation of the Scapula - Upper Trapezius and Levator Scapula
- Depression of the Scapula - Pectoralis Minor and Lower Trapezius
- Protraction of the Scapula - Pectoralis Minor and Serratus Anterior
- Retraction of the Scapula - Middle Trapezius and Rhomboids
- Upward rotation of the Scapula - Upper Trapezius, Lower Trapezius, and Serratus Anterior
- Downward Rotation of the Scapula - Levator Scapula, Rhomboids, and Pectoralis Minor

Humerus

- Flexion of the Humerus - Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps
- Extension of the Humerus - Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major
- Medial Rotation of the Humerus - Anterior Deltoid, Pectoralis Major, Subscapularis, Teres Major and Latissimus Dorsi
- Lateral Rotation of the Humerus - Infraspinatus, Teres Minor, and Posterior Deltoid
- Adduction of the Humerus - Pectoralis Major, Coracobrachialis, Latissimus Dorsi and Teres Major
- Abduction of the Humerus - Supraspinatus and Middle Deltoid
- Horizontal Adduction of the Humerus - Anterior Deltoid and Pectoralis Major
- Horizontal Abduction of the Humerus - Posterior Deltoid

Elbow

- Flexion of the Elbow - Biceps, Brachialis, Brachioradialis, and Pronator Teres
- Extension of the Elbow - Triceps and Anconeus

Forearm

- Supination of the Forearm - Biceps and Supinator
- Pronation of the forearm - Pronator Teres and Pronator Quadratus

Wrist

- Flexion of the Wrist - Flexor Carpi Radialis, Flexor Carpi Ulnaris, and Palmaris Longus
- Extension of the Wrist - Extensor Carpi Radialis Longus, Extensor Carpi Radialis Brevis, and Extensor Carpi Ulnaris
- Adduction of the Wrist - Extensor Carpi Ulnaris and Flexor Carpi Ulnaris
- Abduction of the Wrist - Flexor Carpi Radialis and Extensor Carpi Radialis Longus

Fingers

- Flexion of Fingers - Flexor Digiti Minimi and Flexor Digitorum Profundus, Flexor Digitorum and Flexor Digitorum Superficialis
- Extension of Fingers - Extensor Digitorum, Extensor Indicis, and Extensor Digiti Minimi
- Adduction of Fingers – Palmar Interossei
- Abduction of Fingers – Abductor Digiti Minimi, Dorsal Interossei

Thumb

- Adduction of Thumb - Adductor Pollicis
- Abduction of Thumb - Abductor Pollicis Brevis, Abductor Pollicis Longus
- Opposition of Thumb – Opponens Pollicis
- Flexion of the Thumb - Flexor Pollicis Longus and Flexor Pollicis Brevis
- Extension of Thumb - Extensor Pollicis Brevis and Abductor Pollicis Longus

Trunk

- Flexion of Trunk - Rectus Abdominis, External Obliques, Internal Oblique
- Lateral Flexion of Trunk - External Obliques, Internal Oblique, Quadratus Lumborum
- Supports Compression of Abdominal Contents - Rectus Abdominis, External Obliques, Internal Oblique, Transverse Abdominis

Spine

- Extension of Spine - Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus
- Lateral Flexion of Spine - Iliocostalis, Longissimus, Spinalis
- Rotation of Opposite Side - Semispinalis, Multifidus

Hip

- Flexion of the Hip - Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius
- Extension of the Hip - Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus
- Medial Rotation of the Hip - Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus
- Lateral Rotation of the Hip - Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius
- Adduction of the Hip - Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus
- Abduction of the Hip - Gluteus Medius, Gluteus Minimus, TFL and Sartorius
- Raises Hip - Quadratus Lumborum

Knee

- Flexion of the Knee - Biceps Femoris, Semitendinosus, Semimembranosus, Sartorius, Gracilis, Gastrocnemius, Plantaris, and Popliteus
- Extension of the Knee - Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL
- Medial Rotation of the Knee - Semitendinosus, Semimembranosus, Popliteus, Gracilis, and Sartorius
- Lateral Rotation of the Knee - Biceps Femoris

Ankle

- Dorsiflexion of the Ankle - Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, and Extensor Hallucis Longus
- Plantar Flexion of the Ankle - Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

Foot

- Inversion of the Foot - Tibialis Anterior and Tibialis Posterior
- Eversion of the Foot - Peroneus Tertius, Peroneus Longus and Peroneus Brevis

Toes

- Flexion of Toes – Flexor Digitorum Longus, Flexor Digitorum Brevis, Abductor Digiti Minimi
- Extension of Toes – Extensor Digitorum Brevis, Extensor Digitorum Longus

Great Toe

- Flexion of Great Toe – Flexor Hallucis Longus, Flexor Hallucis Brevis
- Extension of Great Toe – Extensor Hallucis Longus

STRETCHING

Benefits

- One of the greatest benefits of stretching is that you’re able to increase the length of both your muscles and tendons.
- Additional flexibility throughout the body.
- Increased awareness of muscles and their capabilities during any daily activity or sport.
- Increased coordination or agility.
- Quicker removal of waste products.
- Better posture.
- Increased range of motion available at a joints or joints.
- The development of functional or "usable" flexibility.
- Injury prevention.
- Increased blood supply, nutrients, and joint fluid.
- Reduced muscular soreness, stiffness, tightness, and inflammation.
- Personal enjoyment, relaxation, and reduced stress.

Nine very important reasons for which you should stretch:

- Stretching improves an athlete's physical condition.
- Stretching improves learning, practice, and efficiency of an athlete in many difficult and complex moves.
- Stretching improves an athlete's spiritual and body relaxation.
- Stretching promotes the conception of the body.
- Stretching reduces possibilities of muscular fracture or injury of an athlete's joints.
- Stretching reduces danger of a back injury.
- Stretching reduces muscular suffering.
- Stretching reduces the painful symptoms of dysmenorrhea in women athletes.
- Stretching reduces an athlete's muscular tension.

Warm up

- Four key elements: Light physical activity, Static stretching, the sports specific warm up (specifically preparing their body for the demands of their particular sport), and Dynamic stretching.
- Stretching is not warming up!
- Warm-up before you stretch.
- The general warm-up should begin with joint-rotations, starting either from your toes and working your way up, or from your fingers and working your way down.
- If they are not already warm before you wish to stretch, then you need to warm them up yourself, usually by performing some type of brief aerobic activity.

Warm up benefits

- Increase the temperature of muscles - they work better at a temperature of 40 degrees.
- Increase blood flow and oxygen to muscles.
- Increase the speed of nerve impulses - making you faster.
- Increase range of motion at joints reducing the risk of tearing muscles and ligaments.

When

- Stretch before and after exercising.
- One of the best times to stretch is right after a strength workout such as weightlifting.
- You should preferably wait for 2 hours after a meal before you start exercising.
- Most people are more flexible in the afternoon than in the morning, peaking from about 2:30pm-4pm.

As a general rule, you should usually do the following when putting together a stretching routine:

- Stretch your back (upper and lower) first
- Stretch your sides after stretching your back
- Stretch your buttocks before stretching your groin or your hamstrings
- Stretch your calves before stretching your hamstrings

- Stretch your shins before stretching your quadriceps (if you do shin stretches)
- Stretch your arms before stretching your chest

Facts

- If you are not use to stretching on a regular basis, take it slow and for shorter periods of time.
- Work only the muscles you are trying to stretch.
- Proper breathing control is important for a successful stretch.
- If you stretch properly, you should not be sore the day after you have stretched.
- Individuals that have not stretched or exercised much in the last few months will almost always experience some amount of soreness.
- Stretch until muscle is tight. The stretch should be uncomfortable but never painful.
- Stretch all the muscle groups to be involved in the following activity.
- Stretch muscles gently and slowly.
- Increased water intake is believed to contribute to increased mobility, as well as increased total body relaxation.
- Strength training and flexibility training should go hand in hand.
- Stretching won't cure muscle tightness.
- Stretching is just one piece of the fitness puzzle.
- Stretching isn't a warm-up.
- Stretching is best after you run.
- The older you are, the more important stretching becomes.
- Flexibility is a joint's ability to move through a full range of motion.
- Flexibility is very specific to the joint. There are specific limitations around a joint and Johns and Wright (1962) determined specific limits of motions of the joint shape **47%,** muscle fascia **41%,** tendons **10%** and the skin **2%.**

Monitoring Systems

- There are two main sensory organs that monitor stretch length, speed, and tension. Sensory organs transfer information from the CNS to determine where an individual's body is in space. This is also known as kinesthetic awareness.
- The main sensory organs involved in stretching are the muscle spindles and the Golgi tendon organs.
- The muscle spindles are found in the muscles fibers (cells) and recognize the resting length of the muscle, the changes to length and the speed of lengthening.
- Muscle spindles help the body: **1)** maintain tone and posture and **2)** present a defense mechanism called the stretch reflex.
- The Golgi tendon organs are located in the muscle tendon / musculo-tendinous joint. The G.T.O.'s monitor force production and tension in the muscle.

How long

- 2-5 repetitions with a 15-30 second rest in between each stretch.
- Many researchers recommend 30-60 seconds.
- A good common ground seems to be about 20 seconds of holding a stretch.
- Various sources seem to suggest that they should be held for as little as 10 seconds to as long as a full minute (or even several minutes), but the truth is that no one really seems to know for sure.

Contraindications

- Avoid having a heavy meal just before exercise.
- Some stretches (many of which are commonly performed) are considered risky.
- One of the easiest ways to "overstretch" is to stretch "cold" (without any warm-up).
- Never bounce, jerk or stretch rapidly.
- Do not hold your breath when stretching, but breathe slowly and easily.
- Do not exercise if you have a fever or do not feel well.
- Excessive flexibility can be just as bad as not enough because both increase your risk of injury.

- Using wrong stretching techniques can cause serious injuries like: muscle tears, joint dislocation, ligament tears, etc.
- If you experience pain during stretching, consult a doctor.
- Too much flexibility could mean less support is given to the joint by its surrounding muscles.
- Muscle soreness will usually occur 24 to 48 hours after the intense exercise.
- It takes 6-10 seconds for the brain and spinal cord to perceive that the stretch is safe and, suddenly, the mild pulling sensation you feel of the muscle shortening to resist the stretch is gone. It is in the next 20-24 seconds that the stretch has the beneficial effects. That is a why a stretch must be held at least 30 seconds.
- Muscles naturally tense during the first few seconds of a stretch, and this effect is only heightened by overanxious efforts to force unwilling muscles to obey.
- Do not try to force flexibility that your muscles aren't ready for.
- Noises that are associated with pain may indicate damage to the articulating surfaces of the joint. Such pops and clicks may be due to tears in the meniscus, but are sometimes just due to an overly large or loose meniscus which may snap over the other structures in the knee as the knee bends and straightens.

Technical

- Golgi tendon receptor is in each tendon. This receptor is sensitive to the build up of tension when a muscle is either stretched or contracted.
- The nerve endings that relay all the information about the musculoskeletal system to the central nervous system are called Proprioceptors.

Cool down

- Three key elements: Gentle exercise, Stretching; and Re-fuel.
- The main aim of the cool down is to promote recovery and return the body to a pre exercise, or pre work out level.
- Stretching is not a legitimate means of cooling down; it is only part of the process.
- The cool-down stage should include 2-3 minutes of easy jogging or walking and 5 minutes of gentle stretching.

Cool down benefits

- Gradually lower heart rate.
- Circulate blood and oxygen to muscles, restoring them to the condition they were in before exercise.
- Remove waste products such as lactic acid.
- Reduce the risk of muscle soreness.

Cooperating Muscle Groups

- **Agonists -** A muscle that causes motion. Muscle group being stretched. These muscles cause the movement to occur. They create the normal range of movement in a joint by contracting. Agonists are also referred to as ‘prime movers’ since they are the muscles that are primarily responsible for generating the movement.
- **Antagonists -** A muscle that can move the joint opposite to the movement produced by the agonist.
- The muscle group on the opposite side being stretched. These muscles act in opposition to the movement generated by the agonists and are responsible for returning a limb to its initial position.
- **Prime mover -** The muscle that causes the movement
- **Synergists -** A muscle that assists another muscle to accomplish a movement.
- These muscles help cancel out, or neutralize, extra motion from the agonists to make sure that the force generated works within the desired plane of motion.
- **Fixators -** These muscles provide the necessary support to assist in holding the rest of the body in place while the movement occurs.
- **Target -** The primary muscle intended for exercise.
- **Stabilizer -** A muscle that contracts with no significant movement.
- **Dynamic Stabilizer -** A biarticulate muscle that simultaneously shortens at the target joint and lengthens at the adjacent joint with no appreciable difference in length. Dynamic stabilizion occurs during many compound movements.

- **Antagonist Stabilizer -** A muscle that contracts to maintain the tension potential of a biarticulate muscle at the adjacent joint. The antagonist stabilizer may be contracted throughout or at only one extreme of the movement.

You should never attempt stretching if:

- A bone is blocking you.
- You have a recent bone fracture.
- You know or you suspect that you have an acute inflammation or infection near a joint
- You have or suspect that you have osteoporosis.
- You have a recent muscular fracture or muscular distortion.
- You have an acute pain when you move a joint or during a muscular elongation.
- You suffer from a severe skin or arterial illness.
- You have reduced moving amplitude.

The types of muscle contraction is defined as follows (International PNF Association, unpublished handout):

- **Isotonic (dynamic):** The intent of the patient is to produce motion.
- **Concentric:** Shortening of the agonist produces motion.
- **Eccentric:** An outside force, gravity or resistance, produces the motion. The motion is restrained by the controlled by the controlled lengthening of the agonist.
- **Stabilizing isotonic:** The intent of the patient is motion; the motion is prevented by an outside force (usually resistance).
- **Isometric (static):** The intent of both the patient and the therapist is that no motion occurs.

Articulation

Uniarticulate ↓	**Biarticulate** ↓	**Triarticulate** ↓
A muscle that crosses one joint	A muscle that crosses two joints	A muscle that can move three joints

Flexibility is joint specific.

- Joint shape (joint capsule) can limit flexibility up to 47%. The joint cannot be altered unless injury occurs.
- The tendon can limit flexibility up to 10%.
- The muscle fascia can limit flexibility up to 41%.
- The skin can limit flexibility up to 2%.
- However, connective or "soft" tissue can be altered long term. It is elasticity, which means a measure of a soft tissue's resistance to stretch or lack of elasticity that allows improvement in range of motion, or predisposes a client to injury if he engages in improper flexibility training.

Flexibility factors

- Connective tissue elasticity within the muscles
- Genetic inheritance
- Joint structure itself
- Ligaments
- Neuromuscular influence (from sensory organs such as the muscle spindle and Golgi Tendon Organ)
- Skin surrounding the joint
- Tendons
- Tension (partial contraction) in the muscle
- **Static flexibility** - ability to hold a static stretched position.
- **Dynamic flexibility** - ability of your muscles to stretch to their maximum range while in motion.

Contraction

- **Concentric Contraction -** This is a contraction in which the muscle **'decreases in length'** (shortens) against an opposing load, such as lifting a weight up.
- **Eccentric Contraction -** This is a contraction in which the muscle **'increases in length'** (lengthens) as it resists a load, such as pushing something down. During a concentric contraction, the muscles that are shortening serve as the agonists and hence do all of the work. During an eccentric contraction, the muscles that are lengthening serve as the agonists (and does all of the work).
- **Isokinetic Contraction -** The contraction of a muscle against concomitant force at a **'constant speed'**. Diagnostic strength equipment implements isokinetic tension to more accurately measure strength at varying joint angles.
- **Isometric Contraction -** This is a contraction in which **'no movement'** takes place, because the load on the muscle exceeds the tension generated by the contracting muscle. This occurs when a muscle attempts to push or pull an immovable object.
- **Isotonic Contraction (same tension) -** This is a contraction in which **'movement does take place'**, because the tension generated by the contracting muscle exceeds the load on the muscle. This occurs when you use your muscles to successfully push or pull an object.

The same basic principles that apply to Isometric stretching also apply to PNF...

1. Leave 48 hours between PNF stretching routines.
2. Perform only one exercise per muscle group in a session.
3. For each muscle group complete 2-5 sets of the chosen exercise.
4. Each set should consist of one stretch held for 10-15 seconds after the contracting and relaxing phases.
5. PNF stretching is not recommended for anyone under the age of 18.
6. If PNF stretching is to be performed as a separate exercise session, a thorough warm up consisting of 5-10 minutes of light aerobic exercise and some dynamic stretches must precede it.

When you start an everyday stretching program you should:

- Have a positive intention.
- Warm up.
- Isolate the muscular group that you are going to stretch.
  Advance slowly and steadily with the stretch to avoid activation of muscular tension reflexes.
- Use the correct mechanics for every move and follow exactly the instructions for each move.
- Breathe free and normally, but extend the exhale in a extended move.
- Keep the stretch for about 20 or 30 seconds and relax.
- Concentrate and try to feel the stretch.
- Cooperate and communicate with your co-athlete, if you exercise with his help.
  Relax slowly and carefully your muscles.

FITT Principle

The FITT Principle (or formula) is a great way of monitoring your exercise program. The acronym FITT outlines the key components of an effective exercise program, and the initials F, I, T, T, stand for:

- **Frequency**...refers to the frequency of exercise undertaken or how often you exercise.
- **Intensity**...refers to the intensity of exercise undertaken or how hard you exercise.
- **Time**...refers to the time you spend exercising or how long you exercise for.
- **Type**...refers to the type of exercise undertaken or what kind of exercise you do.

The following is a list of commonly used agonist/antagonist muscle pairs:

- Pectorals/Latissimus dorsi (pecs and lats)
- Anterior deltoids/Posterior deltoids (front and back shoulder)
- Trapezius/Deltoids (traps and delts)
- Abdominals/Spinal erectors (abs and lower-back)
- Left and right external obliques (sides)
- Quadriceps/Hamstrings (quads and hams)
- Shins/Calves
- Biceps/Triceps
- Forearm flexors/Forearm extensors

ANTERIOR STRETCHING TECHNIQUES

Neck

1. **Flexion Cross-** Place each hand on their opposite shoulders, then flex the neck with your forearms.
2. **Bilateral Cross-** Place one hand on their side of their skull and another one on their shoulder, then push both in opposite directions.
3. **Rotation-** Have one hand on their forehead and one on the base of the skull and twist the head.
4. **Traction-** Have one hand on their forehead and one on the base of the skull and gently pull.
5. **Traction Twist-** Have one hand on their forehead and one on the base of the skull and gently pull / twist.
6. **Traction (Forearm)-** Have one hand on their forehead and your forearm on the base of the skull and gently pull.
7. **Flexion (Thumb Occipital)-** Place your thumbs just lateral to the cervical vertebra and under the occipital region, then flex the neck.
8. **Extension Compression-** (Have the client move their head and upper shoulders off the table) Place a hand on their sternum region, then with the other hand extend the neck backwards.
9. **Extension Compression / Traction Twist-** (Have the client move their head and upper shoulders off the table) Place a hand on their sternum region, then with the other hand extend the neck backwards, then twist and traction the neck.
10. **Traction (Hair)-** Grasp onto a good portion of the hair (More towards the roots), then pull.
11. **Traction Twist (Hair)-** Grasp onto a good portion of the hair (More towards the roots), then pull / twist.
12. **Traction (Ear)-** Place your thumb in their ear and place your fingers on the posterior part of the ear, then pull in different directions.
13. **Compression (Skull)-** Interlock your fingers, then place your palms on the side of their head, then squeeze.

Arm & Shoulder

1. **External Rotation-** Place one hand on their elbow and the other holds their hand (Arm wrestling position), and then externally rotate the shoulder.
2. **Medial Rotation-** Place one hand on their elbow and the other holds their hand (Arm wrestling position), and then medially rotate the shoulder.
3. **External Rotation / Compression-** One hand compresses the biceps and the other hand holds their hand (Arm wrestling position), then externally rotate the shoulder.
4. **Medial Rotation / Compression-** One hand compresses the biceps and the other hand holds their hand (Arm wrestling position), then medially rotate the shoulder.
5. **Medial Rotation / Compression (Under)-** Place your forearm under their shoulder and wrap that hand on their forearm extensors, then compress the serratus anterior muscle region with the other hand, and then at the same time traction their arm with the arm you have under the shoulder region.
6. **Compression-** Push both pectoralis regions down to the table and hold.
7. **Flexion-** Bring their arm straight over their head.
8. **Extension-** (Have them move more closely to the side of the table) Extend their arm down (Arm is straight the whole time).
9. **Flexion / Traction-** Bring their arm straight over their head and pull (Arm is straight the whole time).
10. **Extension / Traction-** (Have them move more closely to the side of the table) Extend their arm down and pull (Arm is straight the whole time).
11. **Flexion / Compression-** Place your forearm in their anterior elbow, then flex the elbow.
12. **Flexion / Compression / Traction-** Place your forearm in their anterior elbow, then flex the elbow, and then pull while the elbow is still flexed.
13. **Flexion / Compression (Triceps)-** Bring their arm straight over their head, then compress the triceps region.
14. **Protraction / Compression-** Compress their pectoralis region and pull their arm towards the ceiling with the other hand.
15. **Retraction / Compression-** Place your hand under their rhomboid region and the other hand is placed on their shoulder, then push the shoulder to the table.

16. **Protraction / Compression / Twist-** Compress their pectoralis region with one hand and pull their arm towards the ceiling with a twist with the other hand.
17. **Retraction / Compression / Twist-** Place your hand under their rhomboid region and the other hand is placed on their shoulder (They hold on to your arm), then push the shoulder to the table with a twist.
18. **Abduction-** Abduct the arm.
19. **Abduction / Compression-** Compress the shoulder and with the other hand abduct the arm.
20. **Abduction / Compression / Traction-** Compress the shoulder and with the other hand abduct the arm and twist.
21. **Horizontal Adduction-** Hold onto the opposite hand and pull arm across the body.
22. **Horizontal Adduction / Traction -** Hold onto the opposite hand and pull arm across the body and perform traction the arm.
23. **Horizontal Adduction / Traction Twist-** Hold onto the opposite hand and pull arm across the body and perform traction / twist the arm.
24. **Horizontal Abduction-** (Have them move more closely to the side of the table) Hold onto the same side hand and pull arm in a horizontal abduction plane.
25. **Horizontal Abduction / Traction -** (Have them move more closely to the side of the table) Hold onto the same side hand and pull arm in a horizontal abduction plane and perform traction the arm.
26. **Horizontal Abduction / Traction Twist-** (Have them move more closely to the side of the table) Hold onto the same side hand and pull arm in a horizontal abduction plane and perform traction / twist the arm.

<u>**Forearm & Hand**</u>

1. **Supination / Compression-** Compress the biceps, then twist the forearm to the supine position.
2. **Pronation / Compression-** Compress the biceps, then twist the forearm to the pronation position.
3. **Supination / Pronation / Twist-** Compress the upper forearm with one hand and the other hand on the lower forearm, and then twist in opposite directions.
4. **Flexion-** Hold their hand, then flex the hand.
5. **Extension-** Hold their hand, then extend the hand.
6. **Radial Deviation-** Hold the wrist, then bend it towards the radial side.
7. **Ulna Deviation-** Hold the wrist, then bend it towards the ulna side.
8. **Traction-** Have the client hold onto your wrist while you hold onto theirs, then compress their forearm and pull their hand at the same time.
9. **Traction Twist-** Have the client hold onto your wrist while you hold onto theirs, then compress their forearm and pull / twist their hand at the same time.
10. **Compression-** Squeeze their palm together.
11. **Extension (Palm)-** (Hand in anatomical position) Place one pinky between their thumb / index and place the other between their pinky / ring finger, then wrap all your fingers under their wrist, and then spread the palm with your thumbs.

Fingers

1. **Abduction-** Hold two fingers then pull them apart from each other.
2. **Adduction-** Hold two fingers then cross them over each other.
3. **Abduction / Traction-** Hold two fingers then pull them apart from each other and perform traction.
4. **Adduction / Traction-** Hold two fingers then pull them over each other and perform traction.
5. **Adduction / Interlock-** Interlock your fingers with theirs, and then squeeze their fingers together.
6. **Traction-** Hold onto a finger, then pull.
7. **Traction Twist-** Hold onto a finger, then pull and twist.
8. **Opposition-** Cross the pinky and the thumb over each other.

Torso

1. **Side Bending-** Place your hand on their hip on your side, then hold onto their wrist and pull towards you (Same side).
2. **Compression / Twist-** Compress the opposite hip region, then place your hand under the shoulder on the same side of the hand you are holding the hip, and then pull the shoulder towards you while still compressing the hip.
3. **Compression Under / Twist-** (Have them lift up one side of their glutes) Place your knuckles under their QL region, and then push down on that same hip at the same time.

Hip, Leg & Knee

1. **Flexion-** Place their knee to their chest with a flexed knee, compress on their shin and knee.
2. **Extension-** (Have them move more closely to the side of the table) Flex their knee, and then bring their leg off the table.
3. **Extension / Compression-** Have the leg straight on the table and compress quads, then raise foot up.
4. **Flexion / Straight-** Have their leg straight the whole time, then lift their leg straight to the ceiling.
5. **Extension / Straight-** (Have them move more closely to the side of the table) Have their leg straight the whole time, then bring their leg down to the floor.
6. **Abduction-** Push into the hip, then pull the leg towards you.
7. **Adduction-** Pull on hip that is on the opposite side of your body, then push the leg on your side away from you.
8. **Abduction / Traction-** Push into the hip, the pull the leg towards you (Try to pull the leg while you are performing the stretch).
9. **Adduction / Traction-** Pull on hip that is on the opposite side of your body, and then push the leg on your side away from you (Try to pull the leg while you are performing the stretch).
10. **External Rotation-** Pull the leg so the foot turns out.
11. **Internal Rotation-** Pull the leg so the foot turns in.
12. **External Rotation / Traction-** Pull the leg so the foot turns out, then traction.
13. **Internal Rotation / Traction-** Pull the leg so the foot turns in, then traction.
14. **External Rotation-** (Flex knee, then place the foot of the flexed leg on the side of the knee of the straight leg) Push down on flexed knee and opposite hip.
15. **External Rotation / Push-** Place their knee to their chest with a flexed knee, then place their foot on your anterior deltoid, the push your anterior deltoid towards them.
16. **External Rotation Cross-** (Flex knee, then place the flexed leg on top of the straight leg) Pull the flexed knee down while compressing the opposite hip.
17. **Internal Rotation Cross-** (Flex knee, then place it over the other leg) Pull the knee over the straight leg and compress the hip on the opposite side.

18. **Internal Rotation Cross / Adduction-** (Flex knee, then place it over the other leg) Place your hand between the flexed knee and the straight leg, then pull the flexed knee down while performing adduction on the straight leg.
19. **Traction-** Hold onto their top and bottom of their ankle, then pull the whole leg.
20. **Traction Twist-** Hold onto their top and bottom of their ankle, then pull and twist the whole leg.
21. **Traction / Pull-** Have their knee flexed, then sit on their foot and hold onto the calf, then pull back.
22. **Flexion / Traction-** Flex their knee, then sit on their foot, and then pull back on their calf region.

<u>Foot & Ankle</u>

1. **Plantar Flexion-** Hold the top of their shin, then compress the top of the foot.
2. **Dorsi Flexion-** Hold the top of their shin, then place your palm of your hand over the heel and use your forearm to flex the foot to the ceiling.
3. **Plantar / Compression-** Place your knuckles under their arch region, and then push down on the dorsal side of the foot.
4. **Inversion-** Place a hand on both sides of the foot, and then bring the foot towards the center of the body.
5. **Eversion-** Place a hand on both sides of the foot, and then bring the foot away from the center of the body.
6. **Inversion / Eversion Twist-** Place both hands on the arch side of the foot, and then twist in opposite directions.
7. **Traction-** One hand is on their heel region and the other hand compresses the shin, then pull with the heel hand and compress with the shin hand.
8. **Traction Twist-** One hand is on their heel region and the other hand compresses the shins, then pull / twist with the heel hand and compress with the shin hand.

<u>Toes</u>

1. **Flexion-** Bend the toes to the plantar part of the foot.
2. **Extension-** Bend the toes to the dorsal part of the foot.
3. **Abduction-** Spread the toes apart.
4. **Traction-** Pull the toes.
5. **Traction Twist-** Pull the toes and then twist.

POSTERIOR STRETCHING TECHNIQUES

Neck

1. **Extension-** Place both hands on their forehead and extend back.
2. **Extension / Compression-** One hand on their forehead and the other one on the rhomboid region, then compress on the rhomboids while you extend the neck with the hand on their forehead.
3. **Bilateral Flexion-** (Remove headrest) Place a hand on their shoulder and one on their forehead / side of head and stretch (Push in opposite directions).
4. **Rotation-** (Remove headrest) Place one hand on their forehead and one on their back of their skull and twist their head.

Arm

1. **Flexion-** Flex the arm.
2. **Extension-** Extend the arm.
3. **Flexion / Compression-** Compress the Scapula region, then flex the arm.
4. **Extension / Compression-** Compress the Scapula region, then extend the arm.
5. **Flexion / Compression / Traction-** Compress the Scapula region, then flex the arm while performing traction.
6. **Extension / Compression / Traction-** Compress the Scapula region, then extend the arm while performing traction.
7. **Abduction / Compression -** Compress the shoulder region, and then abduct the arm.
8. **Abduction / Compression / Traction -** Compress the shoulder region, and then abduct the arm while performing traction.
9. **Horizontal Abduction-** Pull the arm across the posterior body.
10. **Horizontal Abduction / Traction-** Pull the arm in a horizontal plane behind the body and perform traction.
11. **Horizontal Abduction / Traction -** Pull the arm across the posterior body while performing traction.
12. **Horizontal Abduction / Traction / Compression-** Compress the rhomboid region and pull the arm across the posterior body while performing traction.
13. **Medial Rotation / Traction-** Medially rotate the arm, then place your forearm over the anterior elbow, and then pull away from the body with your forearm (Other hand pushes their hand towards the table).

Shoulder

1. **Adduction / Traction-** Pull on opposite shoulder with one hand and push down on the mid-back at the same time.
2. **Abduction / Traction-** Pull laterally on the vertebral border of the scapula (Support the anterior region of the shoulder with other hand).
3. **Adduction / Traction / Compression-** Pull on opposite shoulder with one hand and push down on the hip region (Same side or opposite side you are pulling) at the same time)

Fingers

1. **Abduction-** Hold two fingers then pull them apart from each other.
2. **Adduction-** Hold two fingers then cross them over each other.
3. **Abduction / Traction-** Hold two fingers then pull them apart from each other and perform traction.
4. **Adduction / Traction-** Hold two fingers then pull them over each other and perform traction.
5. **Adduction / Interlock-** Interlock your fingers with theirs, and then squeeze their fingers together.
6. **Traction-** Hold onto a finger, then pull.
7. **Traction Twist-** Hold onto a finger, then pull and twist.
8. **Opposition-** Cross the pinky and the thumb over each other.

Hip, Leg & Knee

1. **Flexion-** Flex their knee by moving their foot to their gluteal region.
2. **Internal Rotation (Hip)-** Place a hand on their gluteal region, then flex their knee (Foot points towards the ceiling), then pull the foot towards you while still compressing the gluteal region.
3. **External Rotation (Hip)-** Place a hand on their gluteal region, then flex their knee (Foot points towards the ceiling), then push the foot away from you while still compressing the gluteal region.
4. **Internal Rotation (Hamstring)-** Place a hand on their hamstring region, then flex their knee (Foot points towards the ceiling), then pull the foot towards you while still compressing the hamstring region
5. **External Rotation (Hamstring)-** Place a hand on their hamstring region, then flex their knee (Opposite leg) (Foot points towards the ceiling), then push the foot away from you while still compressing the hamstring region.
6. **External Rotation / Compression-** Flex one knee and externally rotate that same leg, then place the foot of the flexed knee in the popliteal region on the straight leg, and then flex the knee of the straight leg.
7. **External Rotation / Under-** Flex one knee and externally rotate that same leg, Then place your arm under the adductors and try to place that same hand on their back.
8. **Flexion / Extension-** Flex their knee and with your same arm place your elbow in their gluteal region, then pull the foot up and use your free hand to lift the quads up.
9. **Flexion / Extension / Adduction-** Flex their knee and with your same arm place your elbow in their gluteal region, then pull the foot up. With your free arm go under the quads and place your hand on the straight leg (Hamstring region) and pull that area towards you with that same hand.
10. **Flexion / Compression-** Place your forearm in the popliteal region, then flex the knee.
11. **Flexion / Compression / Traction-** Place your forearm in the popliteal region, then flex the knee, and then pull distally with your forearm.

Foot & Ankle

1. **Dorsiflexion-** Flex their knee, then wrap your hand around their heel and compress with your forearm.
2. **Plantarflexion-** Flex the knee, then perform plantarflexion of the ankle.
3. **Compression-** Squeeze the foot together.
4. **Plantar Flexion / Compression-** Place one hand on the dorsal side of the foot and place a knuckle or elbow on the arch region.

Toes

1. **Flexion-** Bend the toes to the plantar part of the foot.
2. **Extension-** Bend the toes to the dorsal part of the foot.
3. **Abduction-** Spread the toes apart.
4. **Traction-** Pull the toes.
5. **Traction Twist-** Pull the toes and then twist.

RULES FOR STRETCHING THE CLIENT

***WARM THEIR MUSCLES UP (MASSAGE OR LIGHT AEROBIC WORKOUT), BEFORE YOU STRETCH THE CLIENT.**

***WHEN STRETCHING THE CLIENT: SLOW IN … MAINTAIN IT … SLOWLY COME OUT OF IT.**

***AFTER PERFORMING NMT, STRETCHING IS VERY BENEFICIAL.**

***MAKE SURE THE CLIENT DOESN'T HOLD THEIR BREATH DURING THE STRETCH.**

***MAKE SURE THE CLIENT AND YOU MAINTAIN VERBAL COMMUNICATION DURING THE STRETCH.**

***THE STRETCH SHOULD ONLY FEEL MINOR DISCOMFORT.**

***BURNING, TINGLING, AND SEVERE PAIN IS NOT CONDONED!**

***GIVE THE CLIENT STRETCHES TO PERFORM ON THEIR OWN (SHOW THEM HOW TO PERFORM IT BEFORE YOU SEND THEM HOME).**

***EXPLAIN TO THE CLIENT ABOUT POSSIBLE SIDE-EFFECTS AFTER THE TREATMENT (HEADACHES, SORENESS…).**

***BE AWARE OF INDICATIONS AND CONTRAINDICATIONS.**

***EXPLAIN TO THE CLIENT TO DRINK EXTRA WATER AFTER THE TREATMENT.**

SUPINE

(FEET / ANKLES / TOES)

***Means alterations to the stretch**

****All the stretches can incorporate MFR, MET, SCS and others.**



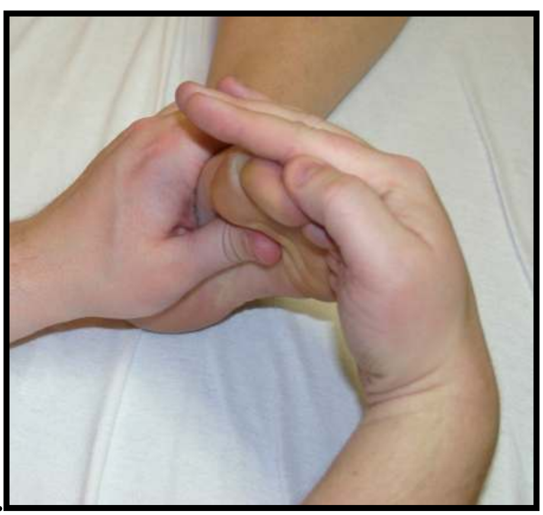
A.



B.

A. Compress the top of the feet
***Overlap both feet and compress the top of one foot**
***If the client is too flexible, place their heels at the end of the table and compress their feet over the edge of the table**
Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, and Extensor Hallucis Longus

B. Compress the sin region (No pressure on the tibia), then cup the heel and dorsiflex the ankle with your forearm (Use your body weight)
***Use your forearm to perform inversion, while pulling the lower leg towards you**
***Use your forearm to perform eversion, while pushing the lower leg away from you**
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus



A.



B.

A. Compress the foot and flex the toes
Extensor Digitorum Brevis, Extensor Digitorum Longus

B. Compress the foot and extend the toes
Flexor Digitorum Longus, Flexor Digitorum Brevis, Abductor Digiti Minimi

A.  B. 

A. Have one toe flex and the other one extend
Extensor Digitorum Brevis, Extensor Digitorum Longus, Flexor Digitorum Longus, Flexor Digitorum Brevis, Abductor Digiti Minimi

B. Pull two toes apart
Flexor Digitorum Longus, Flexor Digitorum Brevis, Abductor Digiti Minimi, Extensor Digitorum Brevis, Extensor Digitorum Longus

A.  B. 

A. Traction a toe
Extensor Digitorum Brevis, Extensor Digitorum Longus, Flexor Digitorum Longus, Flexor Digitorum Brevis, Abductor Digiti Minimi
***Traction and twist a toe**
***If the toe slips, use a towel to hold**

B. Twist your hands in opposite directions
Extensor Digitorum Brevis, Extensor Digitorum Longus, Flexor Digitorum Longus, Flexor Digitorum Brevis, Abductor Digiti Minimi
***Perform inversion of the ankle during the twist**
***Perform eversion of the ankle during the twist**

A.  B. 

A. Interlock your fingers and compress the sides of the foot
Extensor Digitorum Brevis, Extensor Digitorum Longus

B. Compress your thumb in the middle of the plantar surface of the foot and use the other hand to compress around the thumb
Extensor Digitorum Brevis, Extensor Digitorum Longus

A.  B. 

A. Hold their heel and flex their toes
Extensor Digitorum Brevis, Extensor Digitorum Longus, Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, and Extensor Hallucis Longus

B. Cup the heel and dorsiflex the ankle with your forearm, then flex the hip and compress the quads
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus, Flexor Digitorum Longus, Biceps Femoris, Semitendinosus, Semimembranosus, Sartorius, Gracilis, Gastrocnemius, Plantaris, and Popliteus
***Perform everything the same, except perform eversion on the ankle**
***Perform everything the same, except perform inversion on the ankle**

A.  B. 

A. Interlock your fingers and squeeze both of their feet together
Peroneus Tertius, Peroneus Longus and Peroneus Brevis

B. Compress the top of their ankle and push the top of their foot to the table
Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, and Extensor Hallucis Longus

A.  B. 

A. Over lap one foot over the other foot and compress to the table
Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, Extensor Hallucis Longus, Peroneus Longus and Peroneus Brevis

B. Compress both plantar parts of their feet together
Peroneus Tertius, Peroneus Longus and Peroneus Brevis

A.  B. 

A. Place your forearm under their ankle and pull their foot towards you
Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, and Extensor Hallucis Longus

B. Cup their heel and pull towards you
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

SUPINE

(LEGS / HIPS)

***Means alterations to the stretch**

****All the stretches can incorporate MFR, MET, SCS and others.**


A.

B.

A. Compress the quads and flex the knee
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

B. Compress the quads and flex the knee (Have their foot compress your anterior shoulder)
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus


A.

B.

A. Compress their quads and flex their opposite knee (Have their foot in your pec region)
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

B. Compress their quads and flex their opposite knee (Have their foot in your armpit region)
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

A.  B. 

A. Compress their quads and have their opposite leg straight (Have their foot in your armpit region)
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

B. Compress their quads and have their opposite leg straight and compress downwards
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

A.  B. 

A. Compress the opposite hip, then externally rotate the hip and compress the medial side of the knee
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Compress the hip, then externally rotate the hip and place their ankle above their patella and finally compress the medial side of the knee
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B.  C. 

A. Compress the hip, then externally rotate the hip and compress the medial side of the knee
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Externally rotate both hips and compress the hips
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

C. Externally rotate both hips and compress the opposite hip and medial side of their knee
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Externally rotate both hips and compress the medial side of both knees
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Externally rotate both hips and compress the quads
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Keep one leg straight, then externally rotate one leg and compress their adductors (Make sure the foot is above the patella)
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Keep one leg straight, then externally rotate one leg and compress their adductors (Raise the straight leg) (Make sure the foot is above the patella)
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Flex the knee (Foot planted on the table), then externally rotate the other leg and place their ankle above their patella and finally compress the medial side of the knee
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Flex the knee (Foot planted on the table), then externally rotate the other leg and place their ankle above their patella and finally compress their hip
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Compress their quads
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris

B. Compress their shin region (Not on the tibia bone)
Tibialis Anterior, Extensor Digitorum Longus, and Extensor Hallucis Longus

A.  B. 

A. Compress their upper thigh
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris

B. Compress their hips
Iliacus

A.  B.  C. 

A. Feet off the table and compress hip/knee and rotate out
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

B. Feet off the table and compress lower quads and rotate out
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

C. Feet off the table and compress upper quads and rotate out
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

A.  B. 

A. Flex one knee (Foot planted on the table) and compress knee towards the table
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

B. Flex both knees and dorsal flexion both ankles
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus, Flexor Digitorum Longus, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

A.  B. 

A. Keep leg straight and flex hip while you stretching the hams
Biceps Femoris, Semitendinosus, Semimembranosus, Sartorius, Gracilis, Gastrocnemius, Plantaris, Popliteus, Gluteus Maximus and Adductor Magnus
***Hold onto the ankle with one hand and hold down the other leg on the quads**

B. Use your shoulder to support the ankle and keep leg straight while you are stretching the hams
Biceps Femoris, Semitendinosus, Semimembranosus, Sartorius, Gracilis, Gastrocnemius, Plantaris, Popliteus, Gluteus Maximus and Adductor Magnus
***Wrap your foot over their other ankle to keep the leg from rising up**

A.  B. 

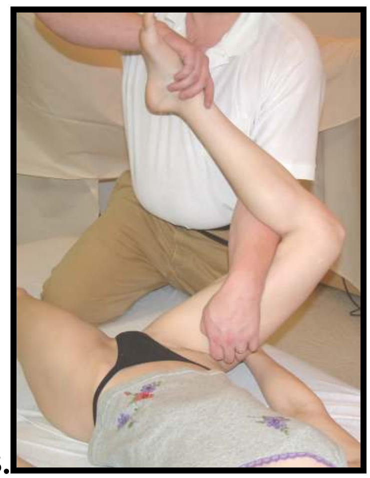
A. Flex both knees and compress them towards the table
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

B. Flex both knees and dorsi flex their ankles
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus, Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

A.  B. 

A. Flex one knee and externally rotate their hip
Biceps Femoris

B. Flex one knee and internally rotate their hip
Semitendinosus, Semimembranosus, Popliteus, Gracilis, and Sartorius

A.  B. 

A. Compress their quad, then flex one knee and perform dorsal flexion on their ankle
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus, Flexor Digitorum Longus, Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Compress their hams and externally rotate hip
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B.  C. 

A. Flex hips (Legs straight)
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

B. Compress hip and push legs away from you (Legs straight)
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

C. Compress opposite hip and pull legs towards you (Legs straight)
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

A.  B. 

A. Keep leg straight and cup the heel and dorsiflexion the ankle with your forearm
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus, Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus, Sartorius, Gracilis, and Popliteus

B. Compress quads and use you hip to abduct the other leg (Keep toes pointing towards the ceiling)
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus
***Rotate foot out while you perform the same stretch (Keep toes pointing towards the wall)**
Biceps Femoris, Semitendinosus, Semimembranosus, Sartorius, Gracilis, Gastrocnemius, Plantaris, and Popliteus

A.  B. 

A. Compress the hip and place the other leg over (internal rotation) the straight leg and finally compress the abductors
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

B. Compress the hip (Or not) and internally rotate the hip and finally compress lateral side of knee
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

A. 

A. Flex their knee and compress their TFL region with your forearm and rotate towards you
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

A.  B. 

A. Compress the quads and extend the hip (Have the client hold onto their ankle for more stretch)
***Don't have the client pull on the ankle**
***Wrap a towel around their ankle if they can't reach**
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, Sartorius, Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL

B. Compress the hip and compress the quads/adductors as you externally rotate the hip
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

A.  B. 

A. Push hip and pull leg towards you
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, Sartorius, Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL
***Perform one at a time and the other hand compresses a hip (Opposite)**
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, Sartorius, Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL

B. Cross over one leg and push that knee while you pull the straight leg towards you
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

A.  B. 

A. Compress the quads and flex the knee on the other leg
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, Sartorius, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus
***Externally rotate the flexed knee**
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Compress the upper portion of the hams and internally rotate the hip with compressing the lateral side of the knee
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

A.  B. 

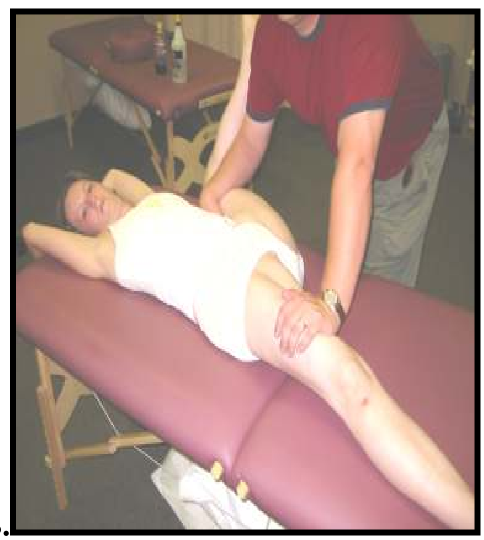
A. Place the their hand under their back, and then medially rotate the hip with compression on the abductors
Infraspinatus, Teres Minor, Posterior Deltoid, Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, Sartorius, Semispinalis, Multifidus

B. Place their hand under their back, and then medially rotate the hip with compression on the lateral knee (Have them hold onto the table)
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, Sartorius, Semispinalis, Multifidus

A.  B. 

A. Compress the hip and rotate the torso with pulling on the shoulder
Semispinalis, Multifidus, Posterior Deltoid

B. Compress the hip and rotate the torso with pulling on the shoulder (Have the client rest their hand on your shoulder)
Semispinalis, Multifidus, Trapezius and Rhomboids

A.  B. 

A. Bring the leg off the table, then push on the hip region and compress the shoulder
Semispinalis, Multifidus, Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

B. Flex the hip and flex the knee while you are compressing the quads and hams
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

A. B.

A. Compress the hip and flex the other knee and use your hip to abduct the leg
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

B. Compress the hip and lateral side of the knee (Knee flexed) while you are internally rotating the hip
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

A. B.

A. Knee flexed and internally rotate hip and compress their quads
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL

B. Knee flexed and internally rotate hip and compress their hip
***Compress the other hip**
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL

A.  B. 

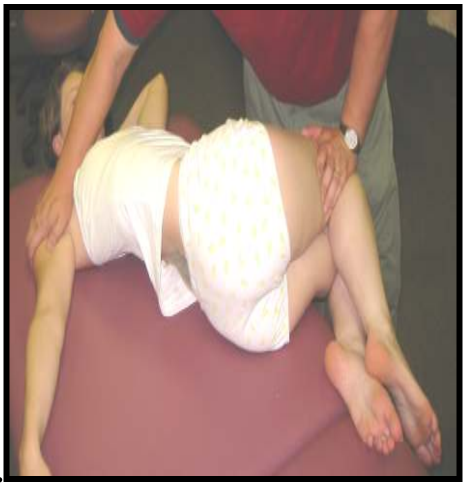
A. Externally rotate the leg and compress the adductors, then flex the other hip
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

B. Pull on the hip and cross the other leg and then pull the opposite leg towards you while you are compressing your elbow on the crossed leg (Lateral knee)
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

A.  B. 

A. Have bottom leg rest on your shoulder and cross the other leg over the straight leg, then compress the hip and lateral side of the knee
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, Sartorius, Gluteus Medius, Gluteus Minimus, TFL and Sartorius

B. Flex both knees and compress the hip and rotate hip towards you
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus

A.  B. 

A. Compress shoulder and rotate hip and compress lateral side of the knee (Both knees slightly flexed)
Semispinalis, Multifidus, Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus

B. Have client hold onto the end of the table, then sit on their foot and pull back while holding onto their calf
Quadratus Lumborum

A.  B.  C. 

A. Traction leg and externally rotate leg
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Traction leg and internally rotate leg
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

C. Traction leg straight
Quadratus Lumborum

A.  B. 

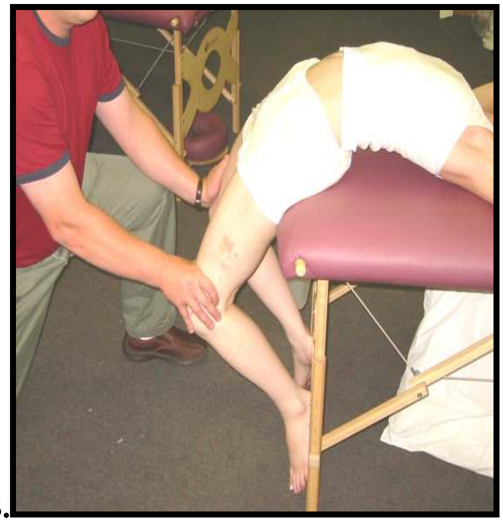
A. Flex knee and place their foot on their quads and then compress the lateral side of the knee while you are rotating the hip
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

B. Compress the quads and externally rotate the other leg (With knee flexed) and lower the flexed knee towards the floor (Externally rotate hip)
Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

A.  B. 

A. Compress the medial side of the knee while you are lifting the ankle towards the ceiling
Semitendinosus, Semimembranosus, Popliteus, Gracilis, and Sartorius

B. Externally rotate hip and flex knee (Compress on knee and ankle)
Biceps Femoris
***Move the ankle towards the head of the table**
***Move the ankle towards the foot of the table**

A.  B. 

A. Bring the leg off the table and compress the hip and shoulder (Raised off the table)
Semispinalis, Multifidus, Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Obturator Externus, Quadratus Femoris, Gluteus Maximus, and Sartorius

B. Have the client hold onto the table and compress the quads
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

A.  B. 

A. Compress the hip and place their ankle over their quad and compress the medial side of the knee
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Compress the quad and have their foot on your anterior shoulder and lean in with your shoulder
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, Sartorius, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

A.  B. 

A. Compress their hip and externally rotate their hip and rest their shin on your hip and compress their medial side of their knee
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Flex both knees and externally rotate both hips, then push down on the lateral sides of their foot
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Compress their quads and then raise the other knee and rest their shin on your hip (Compress your supporting hand on the knee towards the midline of their body)
Semitendinosus, Semimembranosus, Popliteus, Gracilis, and Sartorius

B. Have one leg straight, then cross the other leg over their quad and pull their knee towards you
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Compress their shoulder and lift up their lower back
External Obliques, Internal Oblique, Quadratus Lumborum

B. Compress their quads and lift up their lower back
External Obliques, Internal Oblique, Quadratus Lumborum

A.  B. 

A. Push the quads medially and pull the shin laterally
Semitendinosus, Semimembranosus, Popliteus, Gracilis, Sartorius Biceps, Femoris
***Pull the quads laterally and push the shin medially**

B. Partially flex their knee and cut their heel and perform dorsal flexion on their ankle
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

SUPINE

(ARMS / WRISTS / HANDS / FINGERS)
***Means alterations to the stretch**
****All the stretches can incorporate MFR, MET, SCS and others.**


A.


B.

A. Flex the humerus and elbow and then place the palm on the table and compress with your hands on the shoulder/elbow
Triceps and Anconeus

B. Traction and rotate arm medially
Infraspinatus, Teres Minor, and Posterior Deltoid

***Traction and rotate laterally**
Anterior Deltoid, Pectoralis Major, Subscapularis, Teres Major and Latissimus Dorsi


A.


B.


C.

A. Flex the humerus and elbow and then place the palm on the table and compress with your hands on the shoulder/elbow (Both arms)
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

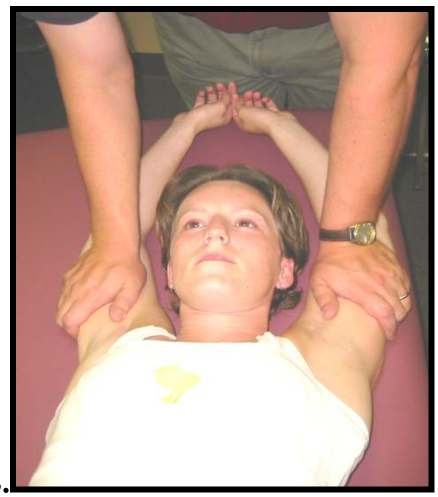
B. Flex the humerus and elbow and then place the palm on the table and compress with your hands on the shoulder/elbow (Both arms and bring their elbows together
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

C. Flex the humerus and elbow and then place the palm (Fingers face you) on the table and compress with your hands on the shoulder/elbow
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

A.  B. 

A. Flex elbow and compress on the forearm/hand region
Triceps and Anconeus

B. Hook arm under their shoulder and then compress the shoulder while you are pulling the arm down to the ground
Anterior Deltoid and Pectoralis Major

A.  B. 

A. Compress shoulder and then horizontally abduct the arm
Anterior Deltoid and Pectoralis Major
***Bilaterally flex the neck with one hand and the other hand horizontally abducts the arm**
***Rotate the neck with one hand and the other hand horizontally abducts the arm**

B. Compress their bicep region
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

A.  B. 

A. Compress their pectoralis region
Anterior Deltoid and Pectoralis Major

B. Interlock your fingers with the their fingers and extend the wrist
Flexor Carpi Radialis, Flexor Carpi Ulnaris, and Palmaris Longus

A.  B.  C. 

A. Interlock your fingers with their fingers and flex their wrist
Extensor Carpi Radialis Longus, Extensor Carpi Radialis Brevis, and Extensor Carpi Ulnaris

B. Interlock your fingers with their fingers and abduct fingers
Flexor Carpi Radialis, Flexor Carpi Ulnaris, Palmaris Longus, Extensor Digitorum, Extensor Indicis, and Extensor Digiti Minimi

C. Wrap your pinkies between their pinky/ring finger and thumb/index, then wrap all three fingers of yours under their hand, and finally spread with your thumbs
Palmaris Longus, Extensor Digitorum, Extensor Indicis, and Extensor Digiti Minimi, Extensor Pollicis Brevis and Abductor Pollicis Longus

A.  B. 

A. Wrap your pinkies between their middle/index fingers and middle/ring fingers, then place two fingers between their thumb/index fingers and one finger between their pinky/ring fingers, then wrap the rest of your fingers under their hand and spread with your thumbs
Palmaris Longus, Flexor Digiti Minimi and Flexor Digitorum Profundus, Flexor Digitorum and Flexor Digitorum Superficialis

B. Traction one finger at a time
Flexor Digiti Minimi and Flexor Digitorum Profundus, Flexor Digitorum, Flexor Digitorum Superficialis, Extensor Digitorum, Extensor Indicis, and Extensor Digiti Minimi
***Traction two fingers at a time**
***Traction and twist**



#1st step - Compress the bicep region while you flex the elbow
#2nd step - Keep the compression on the bicep region and then slowly extend the arm
Biceps, Brachialis, Brachioradialis, and Pronator Teres

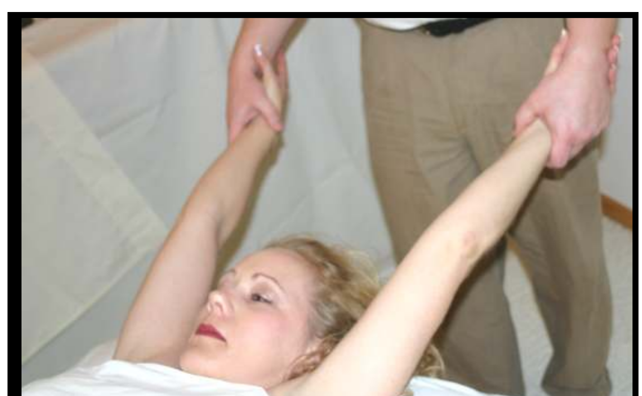



#1st step - Compress the bicep region (Partial flexion of the elbow)
#2nd step - Keep the compression on the bicep region and then medially rotate the arm
Biceps and Supinator
*** Keep the compression on the bicep region and then laterally rotate the arm**

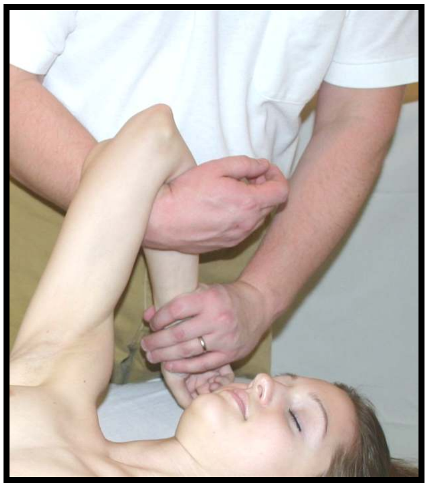
A.  B. 

A. Compress both sides of the hand
Extensor Digitorum, Extensor Indicis, and Extensor Digiti Minimi

B. Compress the shoulder region and then perform horizontal adduction of the arm and compress at the elbow
Posterior Deltoid

A.  B. 

A. Have the client interlocks their fingers behind their head and then compress the bicep/elbow region
Anterior Deltoid and Pectoralis Major
B. Have the client interlock their wrists with your wrists, then traction
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major
***Twist in different directions**

A. 

A. Place your forearm in their anterior elbow, then externally rote humerus, and then flex their elbow and traction (Push their wrist towards the table)
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major
***Have the client hold onto the table for more traction**

A.  B. 

A. Place your forearm in their anterior elbow, then medially rotate humerus, and then flex their elbow and traction (Push their wrist towards the table)
Infraspinatus, Teres Minor, and Posterior Deltoid
***Have the client hold onto the table for more traction**

B. Place one hand behind the back and compress the shoulder and opposite hip
Infraspinatus, Teres Minor, and Posterior Deltoid
***Compress shoulder and bilaterally flex neck**
***Compress shoulder and rotate neck**

A.  B. 

A. Place both arms behind their back and compress their shoulders
Pectoralis Minor and Serratus Anterior
***Compress shoulder and bilaterally flex neck**
***Compress shoulder and rotate neck**

B. Compress the flexors, and then extend the wrist
Flexor Carpi Radialis, Flexor Carpi Ulnaris, and Palmaris Longus

A.  B. 

A. Traction the thumb or other fingers
Flexor Digiti Minimi and Flexor Digitorum Profundus, Flexor Digitorum, Flexor Digitorum Superficialis, Extensor Digitorum, Extensor Indicis, and Extensor Digiti Minimi
***Traction and twist**

B. Compress the thumb and fingers to their wrist
Palmar Interossei, Adductor Pollicis, Flexor Pollicis Longus and Flexor Pollicis Brevis

A.  B. 

A. Twist wrist and forearm in opposite directions
Pronator Quadratus, Flexor Carpi Radialis, Flexor Carpi Ulnaris, Palmaris Longus, Extensor Carpi Radialis Longus, Extensor Carpi Radialis Brevis, and Extensor Carpi Ulnaris

B. Compress the forearm and then perform radial deviation to the wrist
Extensor Carpi Ulnaris and Flexor Carpi Ulnaris

A.  B. 

A. Compress the forearm and then perform ulnar deviation to the wrist
Flexor Carpi Radialis and Extensor Carpi Radialis Longus

B. Compress the shoulder and pronate the arm with a twist
Infraspinatus, Teres Minor, Posterior Deltoid, Biceps and Supinator
***Instead of compressing the shoulder, bilaterally flex the head**
***Instead of compressing the shoulder, rotate the head**

A. 
B. 

A. Compress the shoulder and protract the arm
Middle Trapezius and Rhomboids

B. Place hand under shoulder, and then lift shoulder up and traction arm
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major
***Traction and twist while hand is under shoulder**

A. 
B. 

A. Compress hip and pull opposite shoulder towards you
External Obliques, Internal Oblique, Quadratus Lumborum, Semispinalis, Multifidus

B. Compress hip and pull opposite shoulder towards you (Have their hand rest on your shoulder)
External Obliques, Internal Oblique, Quadratus Lumborum, Semispinalis, Multifidus

A. 

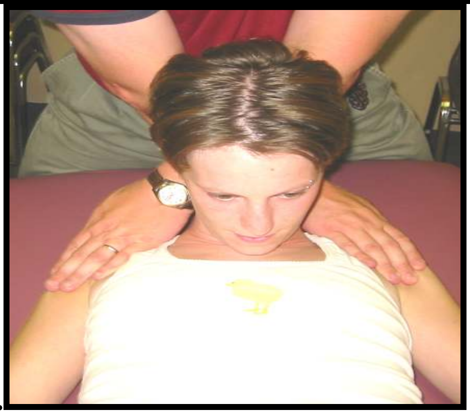
A. Twist bicep region one way and the forearm region another way
Biceps and Supinator

SUPINE

(HEAD / NECK)

***Means alterations to the stretch**

****All the stretches can incorporate MFR, MET, SCS and others.**

A.  B. 

A. Cross your arms and compress their shoulders and flex their neck
Splenius Capitis, Splenius Cervicis, Scalene, Suboccipitals

B. Hook your fingers under their occipital ridge and traction
Splenius Capitis, Splenius Cervicis,Scalene, Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, Scalenes, Suboccipitals

A.  B. 

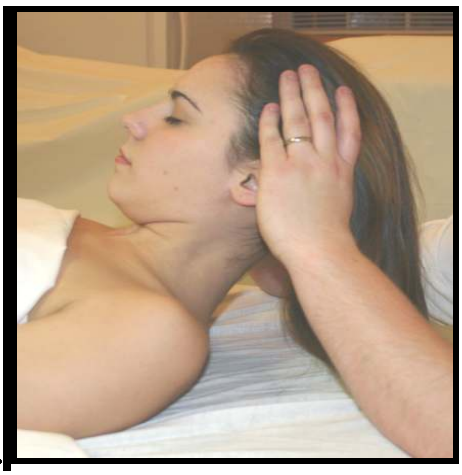
A. Place one hand under their head and the other hand on top of their head, then traction
Splenius Capitis, Splenius Cervicis,Scalene, Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, Scalenes, Suboccipitals

B. Cross your hand under their head and compress your hand on their shoulder, then use your other hand to compress their forehead at different angles
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

A.  B. 

A. Place forearm under their neck and pull their head to the table
Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, Scalenes

B. Place forearm under their neck and rotate/extend their neck
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

A. 

A. Hook your thumbs under their occipital ridge, then traction
Splenius Capitis, Splenius Cervicis, Scalene, Suboccipitals

#1st step - Flex their neck and compress their sternum (Off the table)
#2nd step - Keep your hand on the sternum and extend the neck (Off the table)
Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, Scalenes, Platysma

A.  B. 

A. Compress the shoulder, and then bilaterally flex the head (Off the table)
Sternocleidomastoid, Scalenes

***You can rotate the head in different directions (Off the table)**
B. Hook your fingers under their occipital ridge, then lift their head towards the ceiling and extend the head (Off the table)
Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, and Scalenes

A.  B. 

A. Have one hand on one side of the head and the other hand on the other side, and then rotate and extend the head (Off the table)
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

B. Have one hand on one side of the head and the other hand on the other side, and then rotate the head (Off the table)
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

A.  B. 

A. Push shoulder and rotate/extend neck
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

B. Push their head

A.  B. 

A. Have one hand on one side of the head and the other hand on the other side, and then rotate the head (On the table)
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

B. Hold onto the ear and rotate it around until the client feels minor discomfort

A.  B. 

A. Cross your hands, and then compress their shoulder and lateral side of their head
Sternocleidomastoid, Scalenes, Upper Trapezius and Levator Scapula
Don't cross your arms

B. Flex their neck to their chest
Splenius Capitis, Splenius Cervicis, Scalene, Suboccipitals

A.  B. 

A. Pull their hair

B. Rotate head and hook under occipital ridge and pull towards you
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

A.  B. 

A. Place your forearm under their neck and rotate/pull downward
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

B. Place your forearm under their neck and pull downward
Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, and Scalenes

A.  B. 

A. Lift head and then rotate
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

B. Hook your fingers under their sinus cavity and pull towards you

SITTING

***Means alterations to the stretch**

****All the stretches can incorporate MFR, MET, SCS and others.**


A.


B.

A. Flex their neck and pull back on their arm (Interlock wrists for more support)
Splenius Capitis, Splenius Cervicis, Scalene, Suboccipitals, Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps

B. Bring elbows together
Anterior Deltoid and Pectoralis Major
***Bring the elbows towards the ceiling**


A.


B.

A. Have the client cross one leg, then have them place one hand behind their head, then push down on the knee and push the shoulder away from you
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, Adductor Magnus, Semispinalis, Multifidus
***Traction the other arm (The one that is not resting on their head) while performing the stretch**

B. Push into the shoulder and traction the arm back
Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps


A.

B.

A. Both feet over the table and then compress their back and pull arm towards you
Infraspinatus, Teres Minor, Posterior Deltoid, Anterior Deltoid and Pectoralis Major

B. Both legs over the table and then compress their shoulder and pull arm towards you
Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps


A.

B.

A. Both feet over the table and then compress their back
Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

B. Both legs crossed and then compress their back
Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus, Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus


A.

B.

A. One leg straight and one crossed, then compress their back
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

B. Both legs straight, and then compress their back
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus

A. B. C.

A. Push their elbow towards their head
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

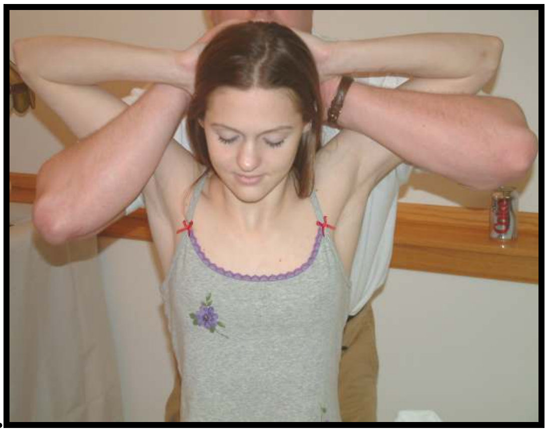
B. Push their elbow behind their head
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

C. Compress shoulder and traction arm up
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

A. B.

A. Push their shoulder and pull their arm towards you
Anterior Deltoid and Pectoralis Major

B. Push their arm towards their chest
Posterior Deltoid

A.  B. 

A. Their hands behind their head and interlock your arms and pull their arms back
Anterior Deltoid and Pectoralis Major

B. Their hands behind their head and Pull their arms back
Anterior Deltoid and Pectoralis Major

A.  B. 

A. Push shoulder down and pull elbow towards you
Anterior Deltoid, Pectoralis Major, Upper Trapezius and Levator Scapula

B. Push head and pull elbow towards you
Anterior Deltoid, Pectoralis Major, Sternocleidomastoid, Scalenes, Sternocleidomastoid, Scalenes

A.  B.  C. 

A. Push head/shoulder
Upper Trapezius, Levator Scapula, Sternocleidomastoid, Scalenes

B. Cross your hands and push head/shoulder
Upper Trapezius, Levator Scapula, Sternocleidomastoid, Scalenes

C. Hook thumbs under occipital ridge and pull traction head
Splenius Capitis, Splenius Cervicis, Scalene, Suboccipitals

A.  B.  C. 

A. Pull shoulder and push head
Splenius Capitis, Splenius Cervicis, Scalene, Suboccipitals

B. Pull shoulder back and rotate/push head
Sternocleidomastoid, Scalenes

C. Push shoulder and pull head back
Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, Scalenes Splenius Capitis, Splenius Cervicis, Suboccipitals

A.  B. 

A. Push shoulders down with your palms
Upper Trapezius and Levator Scapula

B. Push shoulders down with your forearms
Upper Trapezius and Levator Scapula

A.  B. 

A. (Their hand behind their head) Interlock your arm in their arm, then compress their head and pull their shoulder back
Anterior Deltoid and Pectoralis Major

B. (Their hand behind their head) Compress their head and pull their shoulder back
Anterior Deltoid and Pectoralis Major

A. B.

A. (Their hand behind their head) Pull their elbow and compresses their mid back
Anterior Deltoid and Pectoralis Major

B. (Their hand behind their head) Pull their arm behind their head
Pectoralis Major, Coracobrachialis, Latissimus Dorsi and Teres Major

A. B.

A. Compress your knuckle into their back (Not the spine) and have them lean back
Rectus Abdominis, External Obliques, Internal Oblique

B. (Both arms interlocked behind their head) Interlock one of your arms in one of theirs and pull towards you as you compress their back
Semispinalis, Multifidus, Anterior Deltoid and Pectoralis Major


A.

B.

A. (Both arms interlocked behind their head) Interlock one of your arms in both of theirs and pull towards you as you compress their back
External Obliques, Internal Oblique, Quadratus Lumborum, Anterior Deltoid and Pectoralis Major

B. (Both arms interlocked behind their head) Interlock one of your arms in both of theirs and pull straight back as you compress their back
Rectus Abdominis, External Obliques, Internal Oblique, Anterior Deltoid and Pectoralis Major


A.

B.

A. (Both arms interlocked behind their head) Interlock one of your arms in both of theirs and pull straight back as you compress their back (Have them try and lean forward)
Rectus Abdominis, External Obliques, Internal Oblique, Anterior Deltoid and Pectoralis Major

B. One leg is straight and the other one is flexed at the hip/knee and externally rotated, then compress the back
Iliocostalis, Longissimus, Spinalis, Semispinalis, Multifidus, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

SIDE LYING

***Means alterations to the stretch**
****All the stretches can incorporate MFR, MET, SCS and others.**

A.  B. 

A. Compress their hip and pull their leg towards you
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

B. Compress their low back and pull their leg towards you
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

A.  B. 

A. Push their shoulder away from you and pull their leg off the table (Compress on the lateral side of the knee and push down to the floor)
Gluteus Medius, Gluteus Minimus, TFL, Sartorius, Semispinalis, Multifidus

B. Push into their hams, then extend the leg (Have their leg be supported by your hip)
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, Sartorius, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus
***Traction or twist the straight leg**


A.


B.

A. Take their bottom leg and extend it, then rest the extended leg on your arm, and finally cross under the top leg and compress the hip
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

B. Take their bottom leg and extend it, then rest the extended leg on your arm, and finally cross under the top leg and compress the hip. *While you are performing the stretch, have the client interlock yours and her wrist (The arm that is lying on the table) and pull towards you.
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, Pectineus, Middle Trapezius, Rhomboids, Semispinalis, Multifidus


A.


B.

A. Compress hip/low back and pull arm
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

B. Compress midback/shoulder and pull arm
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

A.  B. 

A. Push shoulder and bilaterally flex their neck
Sternocleidomastoid, Scalenes

B. Pull arm and rotate/push head
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps, Pectoralis Major**,** Sternocleidomastoid, Scalenes

A.  B. 

A. Compress shoulder and rotate/push head
Sternocleidomastoid, Scalenes, Anterior Deltoid and Pectoralis Major

B. Compress below the hip bone, then abduct leg straight
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

A.  B. 

A. Place hand under leg (Support hand on midback), then compress shoulder
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, Adductor Magnus, Semispinalis, Multifidus

B. Compress below the hip bone, then externally rotate hip (With knee bent)
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Compress shoulder, and then flex knee and externally rote hip
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, Adductor Magnus, Semispinalis, Multifidus

B. Lift up their top knee (Towards you) and compress the top shoulder
External Obliques, Internal Oblique, Quadratus Lumborum, Gluteus Medius, Gluteus Minimus, TFL and Sartorius

A.  **B.** 

A. Lift up the knee (Towards you) and place their lower arm behind their back
External Obliques, Internal Oblique, Quadratus Lumborum, Gluteus Medius, Gluteus Minimus, TFL and Sartorius, Anterior Deltoid and Pectoralis Major

B. Lift up bottom leg (Both legs slightly bent) and place their lower arm behind their back
External Obliques, Internal Oblique, Quadratus Lumborum, Gluteus Medius, Gluteus Minimus, TFL, Sartorius, Anterior Deltoid and Pectoralis Major

A.  **B.** 

A. Push their hip away from you and pull their knee towards you
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Push their shoulder away from you and pull their leg off the table
Gluteus Medius, Gluteus Minimus, TFL and Sartorius

A.  B. 

A. Push their hip away from you and pull their foot towards you
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

B. Compress their side and traction their arm towards you
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

A.  B. 

A. Place your knuckle in their lower back and have the client lean against it
Semispinalis, Multifidus

B. Interlock their top leg (Place your hand on their back) and pull arm towards the table
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus, Anterior Deltoid and Pectoralis Major

A.  B. 

A. Push the lower scapula and pull their straight arm towards you
Anterior Deltoid and Pectoralis Major

B. Push the lower scapula and pull their bent arm towards you
Anterior Deltoid and Pectoralis Major

A.  B. 

A. Push their shoulder away from you and pull their arm down towards the table while you compress their back
Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps

B. Compress their TFL region, while you flex and rotate their knee
Semitendinosus, Semimembranosus, Popliteus, Gracilis, and Sartorius

A.  B. 

A. Push their hip away from you as you pull their shoulder towards you
Semispinalis, Multifidus

B. Push their hip away from you and pull their shoulder towards you
External Obliques, Internal Oblique, Quadratus Lumborum, Pectoralis Major, Coracobrachialis, Latissimus Dorsi and Teres Major

A.  B. 

A. Push their bottom knee down and push their top hip away from you
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Compress their hip and flex their knee
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL

PRONE

(FEET / ANKLES / LEGS / HIPS / LOW BACK)
***Means alterations to the stretch**
****All the stretches can incorporate MFR, MET, SCS and others.**

A.  B. 

A. Rotate the ankles inwards and compress the arch region
Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, and Extensor Hallucis Longus
***Use your forearms**
***Use your elbows with cautions**

B. Partially flex the knee, then cup the heel, and use your forearm to dorsal flexion the ankle
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

A.  B. 

A. Compress the hams and internally rotate the hip
Semitendinosus, Semimembranosus, Popliteus, Gracilis, and Sartorius

B. Flex their knee and compress on the foot and shin
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris and TFL, Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, and Extensor Hallucis Longus

A.  B. 

A. Plant your elbow in their glute region and place your other hand under their knee and lift with your body weight

Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

B. Plant your elbow in their glute region and place your forearm under their knee and lift at a angle while pulling the other leg towards you (Use your body weight)

Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, Sartorius, Gluteus Medius, Gluteus Minimus

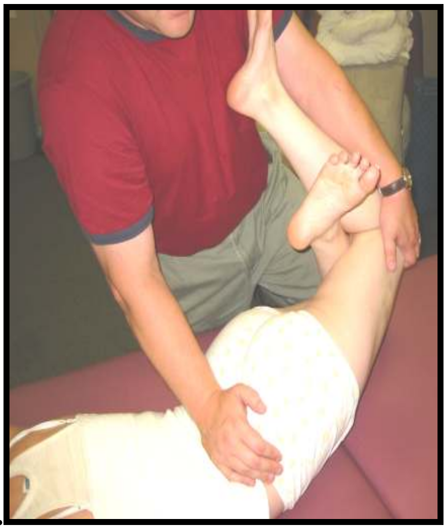
A.  B. 

A. Compress the glute/lateral lower leg (With hip externally rotated)

Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Compress the glute and externally rotate the hip and compress the externally rotated leg at the ankle region

Rectus Abdominis, External Obliques, Internal Oblique

A.  B. 

A. Compress the glute, externally rotate the hip, and finally lift under knee with other hand
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

B. Externally rotate both hips (With knees slightly flexed) and compress the abductors
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Externally rotate both hips (With knees slightly flexed) and compress the glute region
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

B. Compress the opposite low back and then lift under knee
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius
***Compress the low back (Same side), and then lift under knee**

A. 

A. Compress the opposite low back and then pull ankle towards you
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

A.  B. 

A. Compress the ham and hook their ankle under your arm and lift up
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

B. Compress shoulder and twist torso, then extend the hip while compressing the quads (Have their leg rest on your hip)
External Obliques, Internal Oblique, Quadratus Lumborum, Gluteus Medius, Gluteus Minimus, TFL and Sartorius

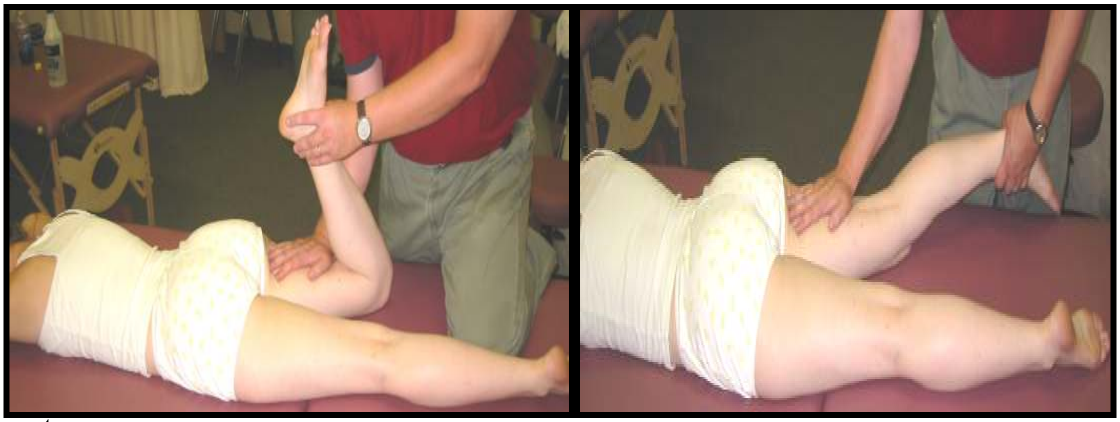
A.  B. 

A. Compress the shoulder and twist the torso, then bring the leg off the table (Compress the abductors)
External Obliques, Internal Oblique, Quadratus Lumborum, Gluteus Medius, Gluteus Minimus, TFL and Sartorius

B. Pull and compress upper leg off the table, then compress adductors
External Obliques, Internal Oblique, Quadratus Lumborum, Gluteus Medius, Gluteus Minimus, TFL, Sartorius, Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, and Adductor Magnus

A. 

A. Reach your arm under their leg (Holding onto the back for support) and compress the shoulder to the table
Gluteus Maximus, Biceps Femoris, Semitendinosus, Semimembranosus, Adductor Magnus, Semispinalis, Multifidus



#1st step - Flex the knee and compress the hams
#2nd step - Keep the same compression on the hams and slowly extend the leg
***Twist while extending**
Biceps Femoris, Semitendinosus, Semimembranosus, Sartorius, Gracilis, Gastrocnemius, Plantaris, and Popliteus



#1st step - Flex the knee and compress the hams
#2nd step - Keep the same compression on the quads and slowly externally rotate the leg
Biceps Femoris
***#2nd step - Keep the same compression on the quads and slowly internally rotate the leg**

A.  **B.** 

A. Compress the lateral/medial side of the ankle
Gastrocnemius, Soleus

B. Compress the glute and medially rotate the hip
Semitendinosus, Semimembranosus, Popliteus, Gracilis, and Sartorius

A.  B. 

A. Compress the heel and flex the toes
Extensor Digitorum Brevis, Extensor Digitorum Longus

B. Cross your hands and push on the scapula region and hip region
External Obliques, Internal Oblique, Quadratus Lumborum

A.  B. 

A. Compress low back and lift both straight legs up
Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

B. Flex both knees and push on the top of their feet
Vastus Lateralis, Vastus Intermedius, Vastus Medialis, Rector Femoris, TFL, Tibialis Anterior, Extensor Digitorum Longus, Peroneus Tertius, and Extensor Hallucis Longus

A.  B. 

A. Keep both legs straight and pull towards you while you compress the low back
External Obliques, Internal Oblique, Quadratus Lumborum, Gluteus Medius, Gluteus Minimus, TFL and Sartorius

B. Push into the low back and abduct one leg straight
Adductor Brevis, Adductor Longus, Adductor Magnus Gracilis, and Pectineus

A.  B. 

A. Compress low back and bring leg over opposite side of the body, while you lock your wrist in their elbow region (Pull towards you)
Anterior Deltoid, Pectoralis Major, Iliopsoas, Pectineus, TFL, Adductor Brevis, Adductor Longus, Adductor Magnus, Rectus Femoris, and Sartorius

B. Place your forearm under their upper chest, then pull up as you compress their low back
Rectus Abdominis, External Obliques, Internal Oblique

A.  B. 

A. Compress the opposite glute and pull the leg towards you
Semitendinosus, Semimembranosus, Popliteus, Gracilis, and Sartorius

B. Lift the hip off the table and compress the glute (Support your quads on their adductors)
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

A.  B. 

A. Dorsal flex their ankle with your elbow
Gastrocnemius, Soleus, Plantaris, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

B. Laterally rotate their hip and compress their hip/shin region
Gluteus Medius, Gluteus Minimus, TFL, Pectineus, Adductor Longus, Adductor Brevis, and Adductor Magnus

PRONE

(ARMS / WRISTS / HANDS)
***Means alterations to the stretch**
****All the stretches can incorporate MFR, MET, SCS and others.**

A.  B. 

A. Compress the shoulder and raise arm toward you (Interlock both of your wrists)
Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps

B. Compress the traps and pull up on the shoulder
Anterior Deltoid, Pectoralis Major, Coracobrachialis and Biceps

A.  B. 

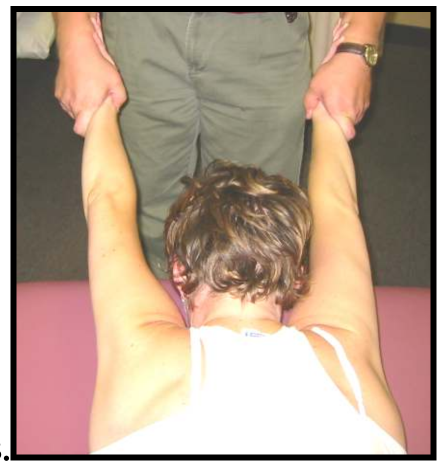
A. Flex humerus/bicep region, and then lift up on elbow
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

B. Bring elbows together and flex both of the humerus, then compress low back
Anterior Deltoid and Pectoralis Major

A.  B. 

A. Cross your wrists and bring both elbows together and flex both humerus
Anterior Deltoid and Pectoralis Major

B. Flex bicep and extend wrist while compressing tricep region
Flexor Carpi Radialis, Flexor Carpi Ulnaris, and Palmaris Longus

A.  B. 

A. Traction and twist arm
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major

B. Traction both arms
Latissimus Dorsi, Teres Major, Posterior Deltoid, Infraspinatus, Teres Minor, Triceps and Pectoralis Major
***Twist and traction both arms**

A.  B. 

A. Have client place one hand behind their head, then compress rhomboid region while you lift the elbow towards the ceiling
Anterior Deltoid and Pectoralis Major

B. Partially flex elbow, then extend wrist and support elbow
Anterior Deltoid, Pectoralis Major, Flexor Carpi Radialis, Flexor Carpi Ulnaris, and Palmaris Longus

A.  B. 

A. Partially flex elbow, then extend wrist and compress upper back
Anterior Deltoid, Pectoralis Major, Flexor Carpi Radialis, Flexor Carpi Ulnaris, and Palmaris Longus

B. Lock your forearm in their anterior elbow region, then push their hand towards their body and lean your body back at the same time
Anterior Deltoid, Pectoralis Major
***Have them hold onto the table for more traction**

A.  B. 

A. Place anterior shoulder/bicep region on your quad, and then pull arm down
Posterior Deltoid
***Compress upper back, instead of supporting the shoulder**

B. Have the client interlock their fingers behind their head and then compress their upper back while lifting them up
Anterior Deltoid, Pectoralis Major, Rectus Abdominis, External Obliques, Internal Oblique

A. 

A. Compress their back and bring their arm back
Anterior Deltoid, Pectoralis Major

PRONE

(HEAD / NECK)

***Means alterations to the stretch**

****All the stretches can incorporate MFR, MET, SCS and others.**

A.  B. 

A. Place one hand on both sides of their head and rotate
Sternocleidomastoid, Scalenes, Splenius Capitis, Splenius Cervicis, Suboccipitals

B. Compress their forehead and extend the neck
Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, and Scalenes

A. 

A. Compress the shoulder and extend/rotate the neck
Sternocleidomastoid, Splenius Capitis, Splenius Cervicis, and Scalenes

TOWEL

" If it is hard to lift a limb of a client, try a towel and have them help out "

***Means alterations to the stretch**

****These are just a few examples; most every stretch can be assisted with a towel or other props**

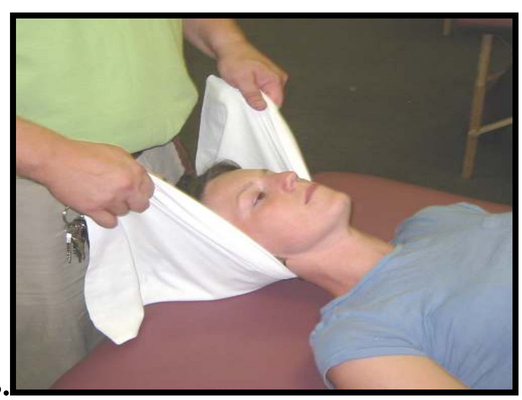
*****All the stretches can incorporate MFR, MET, SCS and others.**

A.  **B.** 

A. Push their quad to the floor and support their hip
B. Lift up knee and compress lower back

A.  **B.** 

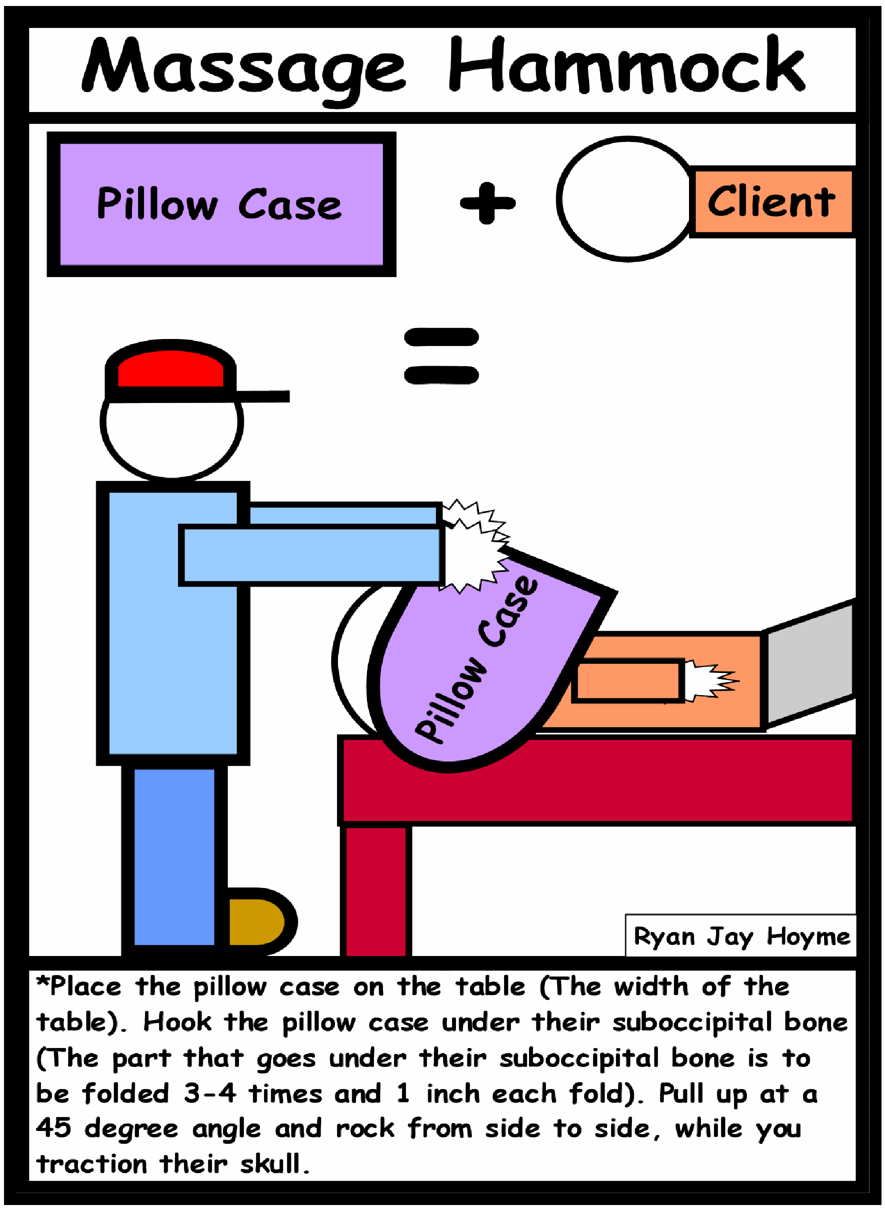
A. Bring their arms together and towards their head
B. Lift up elbow and compress mid back

A.  **B.** 

A. Wrap towel around wrist and compress upper back while pulling
B. Hook the towel under their occiput region and pull up and towards you at the same time

A.  B. 

A. Hook the towel under their occiput region and pull up/towards you at the same time (Traction)
B. Hook the towel under their occiput region and pull up/towards you at the same time (Bilateral Flexion)



"Almost every stretch can include a towel"